Susan the Strawberry

It's May and we are really excited to introduce our new Superhero fruit of the month!

Can you guess who I am?

Who Am I?

- I am a bright, red, heart-shaped fruit, bursting with sweet, juicy flavour
- I have a small seeds on the outside along with a green leafy top



Did You Know?

- I am part of the Rose family
- I am not a true berry as I have seeds on the outside
- The average strawberry has 200 seeds
- To reduce food waste, why not freeze your leftover strawberries instead of binning them?

Where Can You Find Me?

- Ireland has a great climate for growing strawberries
- I can be grown in your garden, hanging baskets or glasshouses
- Irish strawberry harvesting season is from March to September
- Strawberries are a perennial plant. This means if you plant one now, it will continue to come back each year for around five years

Why You Should Eat Me?

First of all, I taste delicious but best of all:

- I am a great source of ***Vitamin C*** which helps boosts your immune system and helps cuts heal
- I am high in ***fibre***. This helps you digest food
- I contain f***olate***, which is a B vitamin, which is important for blood cell formation

Fun Ways to Eat Me

- I am a great snack especially for lunchboxes but I can also be added to yoghurt, granola or cereal
- I can also be baked into pancakes, cakes or scones too!

Turn over for a cool recipe!

LOW PROTEIN RECIPES

STRAWBERRY & YOGHURT BREAKFAST PANCAKES

Ingredients:

- 125 g Loprofin mix
- 140 ml ProZero Milk
- 1 teaspoon of oil
- 1/2 tsp vanilla essence
- 60g strawberries (1 cup)



Optional Extras:

- 1/2 Banana
- Lemon
- Honey
- Coconut yoghurt (check exchanges)

Can be Eaten Hot or Cold!

Method:

1. Add vanilla essence, oil and Prozero Milk and mix together
2. Place Loprofin mix in a bowl
3. Mix the vanilla essence, oil and Prozero Milk combination into the cake mix with a whisk, leave for approximately 5 minutes
4. Heat pan to a medium heat and brush with oil
5. Using a blue scoop, place mixture onto the pan
6. Cook until firm, turn over and cook for about 4-5 minutes
7. Top with the strawberries to serve.

Exchange Free! (Check exchanges in coconut yoghurt)

