

## [FRESH STRAWBERRY RECIPES HEALTHY](#)



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Risotto becomes a kind of rice pudding in this dish, with a sweet-tart syrup drizzled over the creamy rice. Fresh, sliced strawberries are both a vibrant color and flavor in this dish.

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### **11 Healthy fresh strawberry recipes easy recipes to make**

In this article, VKool.com will show you 11 easy and healthy fresh strawberry recipes that you can learn them in detail and make them for your family members. 11 Healthy Fresh Strawberry Recipes Easy Recipes To Make 1. Strawberry And Arugula Salad. The salty and sweet combination makes this salad become a crowd-pleaser.

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### **Fresh Strawberry Recipes Health**

While strawberries start to ripen as early as March, you can get the juicy red berries fresh as late as October, making summer the perfect season for the most popular berry in the world. Enjoy them straight out of the carton, or in strawberry shortcake, strawberry pie, strawberry jam, and more.

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### **Healthy Strawberry Dessert Recipes EatingWell**

This healthy pie recipe is made with fresh berries, a slimmed-down zwieback crumb crust, and a tangy yogurt filling and then served with mint sprigs and a colorful low-calorie fruit glaze.

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### **Healthy Strawberry Dessert Recipes Health**

Strawberries taste deliciously indulgent fresh off the vine, but they're even better as part of your favorite dessert. They add a natural sweetness, as well as a healthy dose of nutrients. In fact, just one cup of this superfruit contains more vitamin C than oranges, and plenty of folate and heart-healthy compounds.

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### **Healthy Strawberry Oatmeal Bars Recipe Well Plated by Erin**

This Strawberry Oatmeal Bars recipe has a special meaning for me too. Since starting my blog, every year on Ben and my wedding anniversary, I've shared a strawberry dessert recipe, because strawberry was the flavor of our wedding cake. Plus, I never turn down a good excuse to add more healthy fruit desserts to my life.

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