

# Celebrate Fresh Fruit and Vegetable Month



## Strawberry Dessert Delight

*Serves: 1 | Serving Size: 1 plate*

### *Ingredients:*

1/4 cup mango puree  
1/2 cup sliced strawberries  
1 tablespoon whipped cream  
2 teaspoons freshly-chopped mint  
1/2 teaspoon chopped and toasted almonds

### *Directions:*

Use a pastry brush to sweep a circle of mango puree around the center of the plate.

Place the strawberries on one side of the circle, then top them with whipped cream, mint, and almonds.

Serve immediately.

### **Nutrition Information:**

Serves 1. Each serving contains 88 calories, 6 g fat, 4 g saturated fat, 0 g trans fat, 21 mg cholesterol, 7 mg sodium, 8 g carbohydrate, 2 g dietary fiber, 5 g sugar, and 1 g protein.

Each serving has 5% DV vitamin A, 81% DV vitamin C, 2% DV calcium, and 0% DV iron.

### **Chef's Tips:**

Use a siphon to make whipped cream with less fat and more flavor.

You can also whip the cream with a dash of vanilla extract and a pinch of sugar. Pour your cream into a bowl, add the vanilla and sugar, then blend with a whisk, hand mixer, or stand mixer until light and frothy. In a pinch, canned whipped cream also works well.

To make the puree, combine fresh or frozen fruit with a bit of water in a blender and puree until smooth. In this recipe, we actually use mango baby food, which is a surprisingly wonderful puree.

**BROUGHT TO YOU BY:**