

7-Minute Strawberry Ice Cream

4 cups (give or take) frozen strawberries
1 can (13.5 ounces) chilled coconut milk or 1 1/2 cups whole milk
1 teaspoon vanilla extract
10 drops liquid stevia or 1 Tablespoon real maple syrup or 1
Tablespoon honey

Blend all ingredients together in a food processor or blender until smooth and creamy. Serve right away. Makes 4-8 servings.

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Strawberry Creamsicles

2 cups frozen strawberries
2 cups whole milk (or coconut milk)
2 Tablespoons real maple syrup (or about 10 drops liquid stevia)
1 teaspoon vanilla extract

Blend all ingredients in a food processor or blender until smooth and creamy. Pour mixture into popsicle molds or 3-ounce cups. If using 3-ounce cups, place a popsicle stick into the middle of each. Freeze for about 2 hours before serving.

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Strawberry Cream Muffins

1 3/4 cups whole wheat flour
1/2 cup sucanat
1 teaspoon baking powder
1/2 teaspoon sea salt
1/3 cup coconut oil or butter, melted
1 egg
1 cup sour cream
1 cup chopped fresh or frozen strawberries

Stir together flour, sucanat, baking powder, and salt. Add oil, egg, and sour cream, mixing well. Fold in strawberries. Scoop batter into 12 well greased or paper-lined muffin cups. Bake in a 375° oven for 18-20 minutes or until lightly browned.

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Strawberry Shortcake

1 1/3 cups whole wheat flour (I use freshly ground whole wheat)

1 teaspoon baking powder

2 eggs

1/2 cup honey

1/3 cup oil (I use coconut oil)

1 teaspoon vanilla extract

1/2 cup milk

4-5 cups of fresh, sliced strawberries

Whipped cream (fresh cream whipped to form soft peaks, with a bit of stevia added for sweetness)

Mix together flour and baking powder. Add in eggs, honey, oil, vanilla and milk. Stir well (or mix well with hand mixer). Pour into a well buttered 8x8 inch baking pan. Bake at 350° for 20-25 minutes.

Allow cake to cool completely. Top with fresh strawberries and whipped cream. (9 servings)

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Strawberry Bread

2 cups fresh (or frozen) strawberries

3 cups whole wheat flour

1 1/2 cups sucanat

1 tablespoon ground cinnamon

1 teaspoon salt

1 teaspoon baking soda

1/2 cup melted butter

3 eggs

First...you can do one of two things with your strawberries: If they're fresh, you can slice them and stir them into your dry ingredients. Or, if you don't think your family will like chunks of strawberries in their bread, blend them all up in the blender, then mix in. If you're using frozen strawberries, thaw, then blend in blender.

Mix dry ingredients together. Stir in butter, eggs and strawberries. Pour into two buttered loaf pans. Bake in a 350° oven for 45-50 minutes.

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Strawberry Cheesecake Parfait

2 1/2 cups heavy whipping cream

8 ounces softened cream cheese

1 teaspoon vanilla extract

1 Tablespoon real maple syrup

Liquid stevia to taste (I use about 20 drops) (Use a few Tablespoons of sugar if you prefer.)

1-2 pounds fresh, sliced strawberries

Place all ingredients (minus the strawberries) into a blender. Whip until smooth and creamy. Spoon mixture into bowls or cups - layering them with sliced strawberries.

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