



Heeman's Kid Recipes

Big Daddy's Fruit Freezer

Real men eat this yogurt! It's a truly fabulous frozen dessert or snack. So fast and easy, even your favourite I-hate-to-cook guy will like to make it. And so good, he'll want to make it everyday. Makes one delicious man-size portion.

¾ cup or 175g	container vanilla yogurt	175 mL
1 cup	strawberries or raspberries (frozen)	250 mL
½	very ripe banana (peeled or frozen)	½

1. Cut banana (and large strawberries if used) into small pieces. Mix fruit with yogurt.
2. Using a food processor or powerful hand blender, quickly puree starting with a rapid on/off technique. Don't puree it too long and dig in before it melts!

Berry Yogurt Popsicles

1. Combine 1 L (4 cups) sliced or crushed berries with 125 mL (½ cup) sugar, let stand 30 – 45 minutes or until juice comes from berries, reserve 250 mL (1 cup) liquid.
2. Soak 25 mL (2 tbsp) gelatin in reserved liquid; heat to dissolve.
3. Combine berries, gelatin and 500 mL (2 cups) plain yogurt; puree until smooth.
4. Pour into paper cups; cover each with a piece of foil; insert a wooden Popsicle stick into each cup; freeze until hard.

Fruit and Granola Parfait

Ingredients: Granola or favorite cereal, thawed frozen Heeman strawberries or raspberries, ice cream, pudding or fruit flavoured yogurt.

Kids Can Cook it! Easy to prepare at breakfast, after school or for a night snack.

To serve: alternate layers of fruit, cereal, ice cream, pudding or yogurt.

Snack in a Glass

1 cup	yogurt, milk, fresh frozen strawberries or raspberries	250 mL
1	egg	1
¼ tsp	vanilla or almond extract	1 mL
2-3	ice cubes extra fruit for garnish	2-3

1. Assemble all ingredients.
2. Blend together first 5 until frothy and smooth.
3. Add ice cubes one at a time (through hole in top of blender). Blend until smooth.
4. Pour into glasses, garnish with fruit and serve.

Heeman Greenhouses & Strawberry Farm

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Fruit & Cookie Tart

1 roll	refrigerator cookie dough	1
	or 7.5 – 10 cm (3-4 in.) cookies	
1 cup	vanilla or tapioca pudding	250 mL
	fresh frozen berries, just thawed	
	apple slices	
	kiwi, peeled and sliced	

1. Cut cookie dough into 9 slices and cook according to package directions.
2. Cool thoroughly on a wire rack.
3. Spread pudding to edge of over each cookie.
4. Decorate with fruit, garnish with nuts, coconut.

Strawberry Smoothie

For "kids" of any age!

1 ¼ cups	(10 oz.) frozen strawberries (partially thawed)	325 g
1 ½ cups	cold milk	375 mL
1 tbsp	sugar	15 mL
1 tsp	lemon juice	5 mL

Put all ingredients in blender container. Cover and blend mixture thoroughly. Serve immediately. Makes 3 cups.

Strawberry Banana Smoothies

(Woman's Magazine)

If you're a fan of berries and bananas, you'll enjoy this frothy delicious refresher. "It's great to serve at breakfast or brunch," says Linda Hendrix from Moundville, Missouri. "My 4-1/2-year-old son comes running when he hears the blender going."

Yield: 4 servings

1 cup	milk	250 mL
1 cup	water	250 mL
1 pkg	(10 oz) frozen sweetened sliced strawberries, partially thawed	250 mL
1	medium firm banana (cut into chunks)	1
1 tsp	vanilla extract	5 mL
6	ice cubes	6

In a blender, combine all ingredients. Cover and process until smooth. Serve immediately.

Note: This recipe may easily be doubled and prepared in two batches in a blender.

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Berry Granola Trifle

Delicious for breakfast or served as a dessert!

Makes: 6 servings

2 cups	plain low-fat yogurt	500 mL
1 tbsp	icing sugar	15 mL
¼ tsp	almond flavouring	1 mL
2 cups	good quality granola	500 mL
3 cups	strawberries/raspberries (washed, hulled and sliced)	750 mL
⅓ cup	shredded coconut, toasted	75 mL
⅓ cup	sliced almonds, toasted	75 mL
	sprigs of fresh mint	

Combine yogurt, icing sugar, and almond flavouring in a bowl; stir to blend. Spoon about 2 tbsp (25 mL) into a large single serving parfait glass. Top each with 2 tbsp (25 mL) granola and sliced strawberries or raspberries.

Repeat 2 more times, layering yogurt with granola and berries. Proceed to fill remaining 5 parfait glasses in the same manner. Top each parfait glass with 2 tbsp (25 mL) sliced berries and 1 tbsp (15 mL) each of toasted coconut and sliced almonds. Garnish with a sprig of mint.

Strawberry or Raspberry Cream Cheese Spread

Make your own fruit cream cheese spread and add an extra fruit serving to your diet. This delectable berry flavoured cream cheese spread may be served with toasted bagels, biscuits or scones.

Makes: 2 cups (500 mL)

1 pkg.	spreadable plain cream cheese	250 g
2 cups	berries, washed & hulled	500 mL
1 tbsp	icing sugar	15 mL
1 tbsp	frozen orange juice concentrate	15 mL

Combine all ingredients in a food processor fitted with a metal blade. Whirl with an on and off motion, scraping down the sides of the bowl with a rubber spatula until strawberry spread is creamy and smooth. Serve spread over fresh baked scones topped with fresh sliced berries or strawberry jam.

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