



Heeman's Quick & Easy Recipes

Heeman Sundae Sauce Recipe

(Heeman's)

This is truly one of our most requested and enjoyed recipes. It is a simple "year round" favourite for our family and we are sure it will be for yours.

Ingredients:

10 cups	finely chopped or crushed strawberries or raspberries (do not purée)	Yield: 11 cups 2 L
1 ½ cups	granulated sugar	375 ml
1 pkg.	Garden Fare Freezer Jam Gelling Powder (available at Heeman's)	1 pkg.

Directions:

1. Stir sugar into fruit in a large bowl, let stand 15 minutes
 2. Sprinkle Gelling Powder into fruit mixture slowly while stirring, let stand 5 minutes.
 3. Stir again for 1 minute; pour into sterilized containers with tight seals and freeze. (Reusable plastic tubs work well - leave 1" of space to expand when frozen)
- Will store for up to 1 year in the freezer or 2 weeks in the refrigerator.
 - A great way to freeze your berries when you are tight on space; one that can be pulled out quickly and easily for many uses. Remember to freeze in portions suitable for a variety of purposes.
 - Great in milkshakes, as waffle, crepe or pancake topping, for banana splits and daiquiri's, parfaits, great filling for fruit tarts, a great change from cherry sauce in your black forest cake and much more. Just use your imagination.

Berry Berry Sauce

(Florence Heeman)

Perfect topping for ice cream, cakes and Grand Marnier Mousse: 500 mL (2 cups) each fresh frozen Ontario strawberries and raspberries, whip in blender until smooth. Strain, add liqueur to taste.

Berry Rice Parfait

(Florence Heeman)

Fill parfait glasses with rice pudding and top with Berry Berry Sauce or Heeman's Sundae Sauce.

Heeman Greenhouses & Strawberry Farm

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Berry Trifle

(Florence Heeman)

Cut one 9 in. sponge cake in half horizontally. Place one half on a serving dish; pour over a marinade of crushed berries, blended with sugar and beaten egg whites. Top with 2nd layer of cake and cover with berry marinade; chill overnight.

To serve: spread swirls of sweetened whipped cream on top and garnish with thawed berries.

Easy Flans

(Florence Heeman)

Use a ready-made flan, spoon on your favourite jam or Heeman's Sundae Sauce, spread whipped cream, cream cheese and/or yogurt over the jam and top with fresh strawberries and blueberries or raspberries.

Berry Special Whipped Cream

(Dairy Farmers of Ontario)

Enjoy the flavour of berries delicately blended with real Whipping Cream.

Easy to make: whip up a small carton of real Whipping Cream. As it thickens, whip in about 4 – 6 spoonfuls of room temperature strawberry or raspberry jam. Continue whipping until soft peaks form.

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Quick Strawberry Dips (California Skinny Dips)

Yield: 6 Servings

Strawberry Cream Dip

½ cup	reduced-fat sour cream	250 mL
¼ cup	strawberries (no sugar added) or strawberry jam	125 mL

Chocolate Fudge Dip

6 tbsp	nonfat yogurt	90 mL
6 tbsp	prepared chocolate fudge sauce	90 mL
1 ½ tsp	frozen orange juice concentrate (thawed)	7 mL

Honey Almond Dip

⅔ cup	nonfat yogurt	
3 tbsp	toasted, slivered almonds (finely chopped)	45 mL
2 ½ tbsp	honey, or Maple Syrup	38 mL

Directions

- For each serving, wash and pat dry with paper towels about 3/4 cup strawberries; set aside.
- For each dip, whisk ingredients until smooth in separate containers.
- To serve, make one or more of the dips.
- Serve in small bowls to accompany strawberries.

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Easy Dipping Ideas

(Florence Heeman)

Use Fresh Strawberries

This is a variety of easy and simple dips that can be made in no time and served as an appetizer, snack, or dessert. Choose one or a combination of the following.

Dip fresh strawberries in:

- Powdered sugar
- Whipped cream cheese followed by brown sugar or graham (Oreo) cracker crumbs
- Plain yogurt followed by brown sugar or graham (Oreo) cracker crumbs
- French Vanilla yogurt or your favourite flavoured yogurt
- Melted white or semi-sweet chocolate
- Sour cream flavoured with 2 tablespoons of orange juice concentrate

Strawberries with Cream Cheese

(Lactantia)

- Hold onto the stem and double dip plump berries, first into creamy Lactantia Original Ultra Spreadable Cream Cheese Product, then thick rich chocolate sauce
- Up the berry ante: dip perfectly red strawberries into Lactantia Mixed Berry, then seedless raspberry puree

Strawberry Smoothie

(Florence Heeman)

1 cup	frozen strawberries	250 mL
½ cup	sugar	125 mL
1 cup	orange juice	250 mL
15	ice cubes	15

1. Combine all ingredients and puree in a blender.
2. Serve immediately. Great for Breakfast!

Whipped Strawberry Cream Cheese Spread

(Florence Heeman)

1 pkg.	8 oz cream cheese	240 g
¼ cup*	frozen sweetened strawberries (thawed)	50 mL

**More fruit can be used if a thinner consistency is desired*

- Puree strawberries and whip together with cream cheese in blender or food processor until a spreading consistency is reached.

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