

Frozen Strawberries



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Strawberries are red, sweet, heart-shaped fruits with tiny yellow seeds on their skin.

How to Use Them

Frozen strawberries can be used in smoothies, sauces, jams, pies, and muffins, or as a topping served on yogurt or oatmeal.

How to Store Them

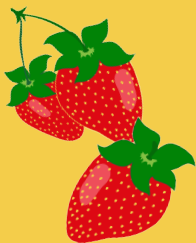
Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions or use frozen.

Why Eat Them?

Strawberries are a good source of fiber and vitamin C, and they also contain vitamin A, iron, and folic acid.

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Wojapi Sauce *Makes 9 servings*



Ingredients

- 4 cups strawberries, blueberries, or chokecherries, fresh or frozen
- ¼ cup water
- 1–2 tablespoon cornstarch or arrowroot
- Maple syrup (optional)

Directions

Wash hands with soap and water.

- 1.** In a saucepan, simmer berries and water over low heat, stirring occasionally.
- 2.** Once the berries are broken down into a sauce, spoon out some sauce and whisk in the cornstarch or arrowroot (use 1 tablespoon for fresh or 2 tablespoons for frozen berries).
- 3.** Whisk until completely dissolved, then add back to the rest of the sauce.
- 4.** Sweeten to taste with maple syrup, if desired.

