

ROASTED BC STRAWBERRIES

- 1 lb BC strawberries, fresh or frozen
- 1/3 cup granulated sugar
- 2 tsp balsamic vinegar

Preheat oven to 450°F. Toss the strawberries in a bowl with the sugar and vinegar. Transfer to a rimmed baking sheet. Roast the berries for about 15 minutes, stirring every 5 minutes until soft.

Enjoy Roasted BC Strawberries with shortcakes, crepes, pancakes, over ice cream or with custards.

SOUTHWESTERN BC STRAWBERRY SMOOTHIE

YIELD – 4 CUPS

Ingredients:

- 2/3 cup orange juice
- 1/2 cup lemon yogurt
- 1 banana
- 12 oz BC Strawberries, fresh or frozen
- 1/2 small chipotle pepper in adobe sauce, diced **or**
- 1/4 tsp hot pepper sauce

Method:

Place the orange juice, yogurt, banana, the chipotle pepper or hot pepper sauce and half the strawberries in a blender and blend at low speed, gradually increasing to high. Add the remaining strawberries a few at a time with the machine running. Blend until smooth.

