

Enjoy Strawberries

There's more to those juicy red fruits than dessert. Many ancient people thought they had magical powers. The Romans believed strawberries could cure just about everything.



Mythical healing powers aside, the ancients were still on the right track. Strawberries can be responsible for some great health benefits.

In fact, according to the California Strawberry Commission, eight medium strawberries provide 84 milligrams of vitamin C or 93 percent of the recommended daily intake. That's more vitamin C than one medium orange, which contains 74 milligrams of vitamin C.

Here are some delicious ways to use strawberries:

- Process four cups of strawberries with a touch of honey. Freeze in a shallow pan and then return to the processor until it's the consistency of sherbet.
- Beat softened cream cheese with enough milk to make a mixture of dipping consistency. Blend in crumbled blue cheese. Makes a wonderful dip for berries.
- Mix halved strawberries and chunks of honeydew melon with a spoon of lime juice and candied ginger. Sweeten with honey.

Source: California Strawberry Commission, www.calstrawberry.com

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her new book, *When Your Hormones Go Haywire*, provides natural solutions for women over 40.



Have a "Berry" Healthy Summer

It's that luscious time of year when berries explode with color. The reds, the blues, and the blacks attract us, but there's far more to berries than meets the eye.

They're loaded with compounds that keep your body and brain working right and staying young. So impressed are researchers at Ohio State University that they recommend everyone eat berries every day.

When it comes to total antioxidant power, four of the top 10 fruits and vegetables are blueberries (ranked number one), strawberries, raspberries, and blackberries. They're rich sources of *quercetin*, a potent antioxidant.

Another thing that makes berries so special is a compound called *ellagic acid*, which is believed to prevent cellular changes that can lead to cancer. All berries have some of it, but strawberries and blackberries have the most.

All berries are also rich in vitamin C, one of the best antioxidants. It's particularly important in preventing cataracts. And berries also contain large amounts of insoluble fiber, which keeps bowels moving.

Want to feed your brain? Researchers at Tufts University have discovered that compounds found in blueberries may



actually improve your memory. In *The Color Code, A Revolutionary Eating Plan for Optimum Health*, Dr. James Joseph recommends eating berries every day.

Strawberry Sauce

1 cup fresh strawberries
1/4 cup all-fruit strawberry spread
Puree the strawberries in a blender until smooth. Add fruit spread and mix well.

Use as a delicious dessert sauce or topping for fresh fruit, pancakes, or French toast.

Makes 4 Servings, 1/4 cup each.

Per serving: 35 Calories

Protein 0 gr., Carb 8.5 gr., Fat 0 gr., Cal. from fat 0%, Chol. 0 mg., Sodium 17 mg.

ANGEL FOOD CELEBRATION CAKE

Makes 12 servings

- 1- 10-inch Angel Food Cake*
 - 1/2 pt. frozen mango sorbet
 - 1/2 pt. frozen raspberry sorbet
 - 1/2 pt. fat-free frozen vanilla yogurt
 - 1 mango, peeled and sliced
 - 1 cup raspberries
 - 2 cup strawberries, halved
 - 1/4 cup Strawberry Sauce
- * You may use your favorite recipe or buy a prepared mix and follow package directions.
Cut cake horizontally to make 2 layers.
(To split, mark side of cake with

toothpicks and cut with long, thin serrated knife.)

Immediately before serving, top bottom layer with alternating scoops of half the sorbets and frozen yogurt. (Work quickly – it melts!) Sprinkle with half of the sliced fruits. Place top layer of cake firmly on the bottom layer, then top with rounded scoops of remaining frozen products and sprinkle with remaining fruit.

Drizzle sauce over all of it.

From Pamela Smith's *Eat Well, Live Well*. Visit www.pamsmith.com for more information.

Each serving contains: 143 calories, 2 g. protein, 1 g. fat, 0 mg. cholesterol, 25 g. carbohydrates, 190 mg. sodium. Calories from fat 1 percent

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