

Red Superfood to the Rescue!
By
Mrs. Wong's Second Grade Students

What's red, has a green stem, and is very popular? If you guessed strawberries, then you are correct! Strawberries are September's superfood.

California grows the most strawberries in the country! Strawberries provide many healthy benefits for our bodies. First, they help our skin look young. Next, they promote eye health. Also, eating strawberries helps prevent cancers and it helps your bones grow strong too. We bet you didn't know that strawberries have more nutrients than oranges, apples, and bananas. They also help boost your short term memory. Finally, strawberries help ease inflammation.

All in all, strawberries are not only SUPER SWEET, but they are SUPER HEALTHY for you too! So, eat lots of strawberries!

Strawberry Muffins
Serves 12 muffins



Ingredients

- 2 ½ cups of old-fashioned oats
- 1 cup of strawberry Greek yogurt (We used Chobani)
- 2 large eggs
- ½ cup baking stevia (You can also use sugar; start with ½ cup and add a little extra, depending on taste)
- 1 ½ tsp of baking powder
- ½ tsp baking soda
- 1 ½ cup strawberries, diced. (Keep the strawberries in a small bowl)

Instructions

1. Preheat oven to 400 degrees. Line 12 muffin tins with foil liners, or spray REALLY WELL with cooking spray.
2. Place all the ingredients (except the strawberries) in a blender or food processor, and blend until the oats are smooth.
3. Pour batter into a medium size bowl, and fold in the strawberries. Divide the remaining ½ cup of diced strawberries over the top of each muffin.
4. Divide batter into each muffin tin liner/cup.
5. Bake for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean.

Enjoy a healthy snack!