

Preventing Women's Heart Disease Through Education



CAROL For Heart

Two-Way Strawberry Freeze

Blend Sweet Strawberries with white grape juice and a bit of wine for a fruity drink or a refreshing ice.

Servings: 11 (½ cup per serving)

Prep time: 5 minutes

Freezing time (optional): 1 hour

2 cups white grape juice

16 ounces frozen unsweetened strawberries (about 3 cups)

1 cup dry white wine (regular or nonalcoholic) or ginger ale (regular or diet)

- In a blender or food processor, blend grape juice and strawberries until smooth.
- Slowly add wine, blending until smooth
- Serve immediately as a beverage or seal in a large air-tight plastic bag and lay bag flat in freezer until semisoft; about 1 hour

Cook's Tip on Freezing Liquids: Laying a bag of liquid flat in the freezer helps the liquid freeze faster.

Recipe from American Heart Association cookbook: Meals In Minutes

Per Serving (excluding unknown items): Calories (per serving): 57; Protein: 0g; Carbohydrates: 11g; Cholesterol: 0mg; Total Fat: 0g; Saturated: 0g; Polyunsaturated: 0g; Monounsaturated: 0g; Fiber: 1g; Sodium: 3g