



## STRAWBERRY SNACK IDEAS

Hi, I'M CHRISTIE OF CHRISTIE-WILSON-NUTRITION--DOT--COM AND TODAY I'M COLLABORATING WITH CALIFORNIA STRAWBERRIES TO SHOW YOU SOME FUN AND SIMPLE WAYS TO MAKE STRAWBERRIES A HEALTHY PART OF YOUR NEXT GRAB-AND-GO LUNCH. SO LET'S GET STARTED.

CHOCOLATE STRAWBERRY CRUNCH PARFAITS. ADD CHOCOLATE PUDDING MIX. ADD MILK. STIR TOGETHER. ADD WHIPPED TOPPING. FOLD IN WHIPPED TOPPING. MASH GRAHAM CRACKERS. SHAVE CHOCOLATE BAR. ADD SLICED STRAWBERRIES. FOLD IN STRAWBERRY SLICES. LAYER IN GRAHAM CRACKERS TO JAR. LAYER IN STRAWBERRIES. LAYER ON CHOCOLATE PUDDING. IN GOES THE SHAVED CHOCOLATE. MORE STRAWBERRIES ON TOP. WHIPPED TOPPING LAYERS ON TOP. A SPRINKLE OF SHAVED CHOCOLATE ON TOP. SEAL UP MASON JAR. PACK IT UP AND ENJOY.

STRAWBERRY ALMOND BUTTER CREPE ROLL-UPS. SCOOP OUT ALMOND BUTTER. SPREAD ALMOND BUTTER ON CREPE. ADD SLICED STRAWBERRIES. SPRINKLE POWDERED SUGAR ON TOP. ROLL UP CREPE. SLICE INTO THREE PIECES. PLACE INTO CONTAINER. SPRINKLE POWDERED SUGAR ON TOP. PACK IT UP AND ENJOY.

PLAIN FRESH CALIFORNIA STRAWBERRIES. RINSE OFF STRAWBERRIES. HULL STRAWBERRIES. PACK IT UP AND ENJOY. FOR MORE STRAWBERRY SNACK IDEAS, VISIT [W-W-W--DOT--CALIFORNIASTRAWBERRIES--DOT--COM](http://W-W-W--DOT--CALIFORNIASTRAWBERRIES--DOT--COM).