FABULOUS FRUIT

The delicious taste and health benefits of fresh strawberries can be enjoyed year round when you select frozen strawberries. That’s because the berries are harvested at their peak of freshness in California, hand-picked and immediately frozen—capturing all of their nutritious benefits. They’re low in sugar and calories, and provide essential nutrients, dietary fiber and phytochemicals. Enjoy them in dessert toppings, smoothies, jams, jellies, cocktails, salsa and gazpacho. For more information and recipes, visit: california-strawberries-dot-com.