

# Strawberry Water



5 from 3 votes

**Strawberry Water recipe** is a refreshing drink that can be made in minutes. With only 4 ingredients, Strawberry Aqua Fresca is quick and easy.

Prep Time

1 hr 10 mins

Total Time

1 hr 10 mins

Course: Beverage Cuisine: American Keyword: Strawberry Water Servings: 12

Calories: 28kcal Author: Eating on a Dime

## Ingredients

- 2 pound Fresh Strawberries cleaned and sliced
- 2 fresh Lime juiced
- 4 Sprigs Mint Leaves
- 12 cups Cold Water

## Instructions

1. Add the sliced strawberries, lime juice and mint leaves to a pitcher. Then add in the cold water. Refrigerate for at least an hour before serving. You can use us a wooden spoon to slightly muddle the strawberries to release the juices from the strawberries.
2. This strawberry water is best served the same day but you can also refrigerate the water for up to 3 days.

## Notes

You can also add lemons or sparkling water to change up the flavor of this easy strawberry water.

## Nutrition

Calories: 28kcal | Carbohydrates: 7g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 13mg | Potassium: 129mg | Fiber: 2g | Sugar: 4g | Vitamin A: 29IU | Vitamin C: 48mg | Calcium: 24mg | Iron: 1mg

# Clean Eating Strawberry Quinoa Kale Salad

**Weight Watchers:** 7pp per serve!

Servings: 12    Calories: 257.2kcal    Author: Olena - iFOODreal



## Ingredients

### Salad:

- 4 cups quinoa , cooked
- 10 cups chopped kale (stalks removed) or any greens, packed
- 1 cup sunflower seeds (optionally toasted)
- 1 cup strawberries , hulled and sliced

### Strawberry Vinaigrette:

- 4 cups strawberries , thawed or fresh
- 4 - 8 tbsp water
- 4 tbsp balsamic vinegar
- 4 tbsp olive oil , extra virgin
- 0.5 tsp salt
- 0.25 tsp red chili flakes (more to taste)

## Instructions

1. Add quinoa, kale, sunflower seeds and strawberries to a large salad bowl. Toast sunflower seeds in a small skillet on low-medium heat until lightly brown, about 2 minutes (optional but tasty step). Stir frequently and watch closely not to burn. Transfer to a salad bowl.
2. In a blender or small food processor, add \*Strawberry Vinaigrette\* ingredients and process until smooth. Pour over salad, gently stir and serve.

## Notes

**Storage Instructions:** Dressing can be refrigerated for up to 3 days and added to salad as needed.

## Nutrition

Calories: 257.2kcal | Carbohydrates: 33.8g | Protein: 8.2g | Fat: 12.1g | Sodium: 124.1mg | Fiber: 5.6g

# Strawberry Kale Salad

This **strawberry kale salad** is summertime in a bowl! Simple fresh ingredients are combined for a delicious salad that's the perfect combination of sweet and savory. Made with kale, strawberries, and almonds for some crunch and an easy dressing that mixes up in minutes.



★★★★★  
5 from 47 votes

Prep Time	Cook Time	Total Time
10 mins	0 mins	10 mins

Course: Dinner, Lunch    Cuisine: American    Diet: Vegan    Servings: 2 servings  
Calories: 126kcal    Author: Jake

## Equipment

- My favorite knives
- Measuring Cups
- Measuring spoons
- Large bowl
- small bowl

## Ingredients

- 8 stalks of kale destemmed and chopped
- ¼ cup of almond slivers
- 1 cup of sliced strawberries
- 1 teaspoon of olive oil
- 1 teaspoon of lemon juice
- 1 teaspoon of soy sauce
- ¼ teaspoon of balsamic vinaigrette
- 1 pinch of pepper
- 1 pinch of salt
- 1 pinch of oregano
- 1 pinch of sage
- 1 pinch of thyme

## Instructions

# Strawberry Kale Smoothie



5 from 100 votes

Need a new healthy smoothie recipe for the morning? Look no further than this 5-minute strawberry kale smoothie recipe! It's easy to make and packed with lots of healthy ingredients making it the perfect way to start the day.

Prep Time

5 mins

Cook Time

0 mins

Total Time

5 mins

Course: Breakfast   Cuisine: American   Diet: Vegan, Vegetarian   Servings: 1 serving  
Calories: 318kcal   Author: Renee Press

## Equipment

- Measuring Cups
- Measuring spoons
- Blender

## Ingredients

- ½ cup of frozen strawberries
- ½ of a banana
- ¼ cup of raw pumpkin seeds
- 1 Tablespoon of flax seeds (or flax meal)
- 4 kale leaves de-stemmed
- 1 to 2 dates to taste
- ¾ to 1 cup of water or plant-based milk to make smooth

## Instructions

1. Add ingredients to the blender.
2. Blend until smooth and creamy, adding water or plant-based milk as necessary to get desired smoothie consistency.

## Notes

- **Shake Consistency:** For a thick and creamy shake-like smoothie use frozen strawberries and bananas.
- **Meal prep:** For easier mornings, pack up the fruit, seeds, and kale into containers. Then when you're ready to make it, dump everything in the blender and add dates and liquid to blend.

## Nutrition

Calories: 318kcal | Carbohydrates: 39g | Protein: 15g | Fat: 16g | Saturated Fat: 2g | Polyunsaturated Fat: 8g | Monounsaturated Fat: 4g | Trans Fat: 0.01g | Sodium: 135mg | Potassium: 1371mg | Fiber: 17g | Sugar: 17g | Vitamin A: 22827IU | Vitamin C: 261mg | Calcium: 635mg | Iron: 6mg

Strawberry Kale Smoothie <https://plantbasedonabudget.com/jade-green-smoothie/> February 9, 2023