

# How to Freeze Strawberries

Yield: 1 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/how-to-freeze-strawberries-recipes>

## Ingredients:

- 1 cup organic milk or Almond Milk
- 6 frozen strawberries
- 2 tablespoons honey or 1 teaspoon Stevia Pyure Organic Blend Stevia Sweetener, 16 oz
- 1 banana if you so chose.
- 2 cups sparkling water
- 1 cup frozen strawberries or fresh
- 2 teaspoons stevia Pyure Organic Blend Stevia Sweetener, 16 oz or Organic Cane Sugar – 2 lbs
- 1 sprig mint leaves this is optional
- 1 cup frozen strawberries
- 1/4 cup water
- 1/4 organic cane sugar or Honey
- 5 fresh strawberries 6 large, rinsed and hulled
- 1 bunch kale fresh, chard, spinach or lettuces, washed and dried
- 4 tablespoons olive oil
- 8 1/2 fluid ounces avocado oil