

JUNE 2025

# Made From Scratch



## Berry good recipes

Berry season peaks in summer, starting with strawberries and raspberries in late spring. Berries provide antioxidants, fiber, and vitamins that may lower the risk of chronic diseases like heart disease and type 2 diabetes, supporting overall health.

## Sparkling strawberry lemonade

### Ingredients

- 3/4 cup sugar
- 3/4 cup water
- 16 oz fresh strawberries, cleaned and hulled
- 3/4 cup fresh lemon juice (about 10 large lemons)
- 3 cups flavored strawberry sparkling water (see notes)

### Directions

1. Combine sugar and water in a medium saucepan. Bring to a boil over medium heat, stirring until sugar dissolves. Remove from heat and cool completely, about 30 minutes.
2. Combine strawberries with half of the cooled sugar mixture in a blender. Cover and blend until very smooth, approximately 1 to 2 minutes. Transfer the mixture to a 2-quart pitcher.
3. Stir in remaining sugar mixture and lemon juice. Add sparkling water just before serving.



**Servings:** 1 | **Serving size:** 2 | **Nutrition facts per serving:** Calories 240; Total fat 6g; Saturated fat 0g; Sodium 550mg; Carbohydrates 29g; Fiber 4g; Protein 16g

**Recipe note:** Club soda or plain sparkling water may be substituted for strawberry-flavored sparkling water.

## Rice pudding

### Ingredients

- Nonstick cooking spray
- 2 1/2 cups cooked white rice
- 1/4 cup granulated sugar
- 2 Tbsp margarine, melted
- 1 1/2 cups 1% low-fat milk
- 1 egg
- 1 egg white
- 1/4 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1 cup raisins
- 8 cups of fruit, such as sliced strawberries, blueberries, or chopped mangos

### Directions

1. Preheat the oven to 350°F. Lightly coat a 13x9-inch baking dish with nonstick cooking spray.
2. Combine rice, sugar, margarine, milk, eggs, cinnamon, nutmeg, and raisins, then mix thoroughly.
3. Pour into the baking dish. Bake in oven until top is golden brown, approximately 30 minutes. Top the pudding with fruit and serve.

**Servings:** 12 | **Serving size:** 1/2 cup | **Nutrition facts per serving:** Calories 187; Total fat 3g; Saturated fat 2g; Sodium 152mg; Carbohydrates 38g; Fiber 3g; Protein 4g

Recipes found on [EatRight.org](https://www.eatright.org) and [CalFreshHealthyLiving.gov](https://www.calfreshhealthyliving.gov)

## Pear-berry breakfast crisp

### Ingredients for topping

- 1 1/2 cups rolled oats
- 1/4 cup whole-wheat flour
- 1/8 tsp salt
- 1/4 cup honey
- 1/4 cup margarine, melted
- 1/4 cup chopped hazelnuts
- 1/4 cup vanilla low-fat Greek yogurt

### Ingredients for filling

- 3 ripe pears, cored, cut into 1/2-inch slices
- 2 cups fresh or frozen blueberries or berries of your choice
- 1 Tbsp cornstarch
- 1 tsp ground cinnamon
- 1/4 tsp cloves
- 1/4 tsp salt
- 2 Tbsp honey
- 2 tsp vanilla extract



### Directions

1. Preheat oven to 350°F.
2. To prepare the topping, combine the oats, flour, and salt in a medium bowl. Mix well to combine and set aside. In a small bowl, combine honey and margarine. Combine the honey mixture with the oat mixture and fold gently to coat the ingredients. Mix in the hazelnuts and set aside.
3. To prepare the filling, combine the pears, blueberries, cornstarch, cinnamon, cloves, and salt in a medium bowl. In a separate small bowl, stir together honey and vanilla extract, then gently toss with the pear-berry mixture.
4. Pour the pear-berry mixture into an 8-x-8-inch baking dish. Spread the oat topping over the fruit. Bake for 30-40 minutes, until golden brown.
5. Serve warm or cold, topped with Greek yogurt.

**Servings:** 6 | **Nutrition facts per serving:** Calories 330; Total fat 12g; Saturated fat 1.5g; Sodium 220mg; Carbohydrates 52g; Fiber 7g; Protein 6g

**Recipe note:** You can also substitute sliced apples for pears. Serve it with frozen vanilla yogurt or ice cream for dessert.

## Berry + barley spinach salad

### Ingredients

- 2 cups cooked and cooled barley
- 1 Tbsp olive oil
- Juice and zest of 1 lime
- 5 oz (4 cups) fresh baby spinach
- 1/4 cup red onion, finely chopped
- 2 Tbsp fresh basil, chopped
- 1 avocado, diced
- 2 cups of fresh or thawed berries, such as strawberries, raspberries, blueberries, or blackberries
- Salt and pepper, to taste (optional)

### Directions

1. In a bowl, mix barley, olive oil, lime juice and zest, spinach, red onion, basil, salt, and pepper.
2. Gently fold in avocado and berries.
3. Serve the salad right away, or chill it and serve within two hours.

**Servings:** 1 | **Serving size:** 2 | **Nutrition facts per serving:** Calories 240; Total fat 6g; Saturated fat 0g; Sodium 550mg; Carbohydrates 29g; Fiber 4g; Protein 16g

**Recipe note:** Chewy barley adds texture, fiber, vitamins, and minerals to this salad. Pair with fresh summer berries or frozen ones year-round.