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5 Super clean healthy strawberry recipes

By

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Whether starting the new year with a plan to eat healthier, or just looking for some fresh and delicious ways to nurture your body and lifestyle, these strawberry recipes will get you on your way!

These recipes are packed with loads of [strawberry nutrition](#), plus other vitamins, so you can totally feel good about whipping them up for yourself or the whole family.



[Strawberry Hibiscus Mint Water](#)

Drinking water is part of a healthy lifestyle and it's something that experts recommend doing more of. If drinking more water is on your list of resolutions, then this recipe is perfect for you. If fitness is part of your goals for the new year, you'll definitely be needing more H₂O.

Quench your thirst with this fresh, strawberry hibiscus agua fresca or "fresh water" is a non-alcoholic beverage made of fresh fruits. Strawberries and hibiscus are a wonderful combination for this refreshing recipe.



[Strawberry Quinoa Salad with Avocado](#)

When you combine the [benefits of strawberries](#) with a superfood like quinoa and the healthy fats in an avocado, you have a power-packed meal or snack. This is a great dish for a light dinner and an easy one to meal prep and take with you when you're on the go.



[Strawberry Kale Salad](#)

This salad is refreshing any time of the year and a great recipe to have on-hand to start a healthy new year. With kale, feta cheese, strawberries, and pecans drizzled with a delightful balsamic vinaigrette, you have a sweet and savory salad filled with nutrients. This dish is great as a satisfying lunch, or topped with a grilled protein after an energetic workout or long day.



[The Best Plant Based Strawberry Smoothie](#)

Plant-based is a popular diet choice, but whether or not you are on that bandwagon, this smoothie will certainly satisfy your tastebuds. It's light, sweet, and delicious. The best part? You can sneak some veggies into something that tastes like a treat for yourself or the family.



[Super C Strawberry Shots](#)

A big part of staying healthy and sticking to your health and fitness goals is treating your immune system well. When your body feels good, you can stay on track and achieve your goals easier.

These Super C Strawberry Shots are a tasty and easy way to give your immune system a nice boost. It's just another great way to sneak in just a bit of veggies, and they have two thirds of the vitamin C you need for an entire day.

We know there are a lot of recipe ideas getting shared, and no shortage of nutrition advice. But strawberries have that special way of making us feel great, so we hope you enjoy these unique ideas that you can add to list of recipes to eat when you want to boost your nutrition and feel amazing!

We hope you enjoy staying healthy with these [recipes](#) from [California Strawberries](#). Happy New Year!

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