

Essential Strawberry Smoothie

Serves 4



INGREDIENTS

1½ cups **chilled unsweetened coconut milk**, such as SO brand (carton)

2 cups **frozen sliced strawberries**

1 medium-sized ripe **banana**, cut into chunks

½ packed cup **fresh spinach leaves**

Flesh of ½ ripe **Haas avocado** (may substitute heaping 1/3 cup frozen cubed avocado)

1 tablespoon **honey**, preferably local

½ cup chilled **unsweetened vanilla-flavored coconut milk yogurt**, such as SO brand (nondairy)

DIRECTIONS

- Combine the coconut milk, frozen strawberries, banana, spinach (no need to stem the leaves), avocado, honey, and coconut yogurt in a blender.
- Cover with the lid and pulse until smooth and thick.
- Divide among individual 12-ounce glasses and serve.

Strawberry Muffins

16 standard-size muffins



INGREDIENTS

2¼ cups all-purpose flour
2½ teaspoons baking powder
1 teaspoon table salt
2 tablespoons buttermilk powder
2 large eggs
1½ cups strawberry puree (from 20 to 24 large fresh strawberries, hulled and rinsed)
½ cup water
1 tablespoon vanilla extract
½ cup plant-based butter substitute
1 cup sugar

DIRECTIONS

- Preheat the oven to 400° F. Line 16 wells in two standard-size muffin pans with baking paper cup liners.
- Whisk together the flour, baking powder, salt, and buttermilk powder in a bowl until well blended.
- Whisk together the eggs, strawberry puree, water, and vanilla in a separate bowl.
- Combine the butter substitute and sugar in the bowl of a stand mixer fitted with a paddle attachment or use a handheld electric mixer. Beat on low, then medium speed for a few minutes until fluffy and a pinch of it between your fingers does not feel grainy. Stop to scrape down the bowl.
- Add the egg mixture and beat on low speed just until incorporated. Gradually add the flour mixture – one-third of it at a time – beating on low speed just until no trace of dry ingredients remains. The batter should be fairly smooth.
- Use an ice cream scoop to plop portions of batter into each paper cup liner, filling them about two-thirds full. Bake (middle rack) for 20 to 23 minutes, until lightly browned on top and a tester inserted into the centers comes out clean.
- Cool before serving or storing.