



TEACHING KITCHEN

VIRTUAL WELLNESS *Series*

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June 21, 2022 • noon–12:30 p.m. EST

Join April Rozzo, FCS Clinical Oncology Dietitian, for a hands-on session preparing two of her favorite healthy eating recipes.

SEASONAL FRUIT CRISP

Ingredients/Shopping List

5-6 cups fresh seasonal fruit 2-3 lbs. (such as strawberries or peaches and/or blueberries)	1 teaspoon cinnamon, divided Zest of 1 lemon (1 teaspoon) plus 1 teaspoon juice	¼ cup brown sugar Pinch of salt
2 tablespoons sugar	½ cup old fashioned oats	2 tablespoons cold butter cut into cubes
2 tablespoons cornstarch	¼ cup flour	¼ cup chopped pecans <i>(optional)</i>

Instructions

1. Pre-heat oven to 375°F and lightly butter a two-quart or eight-inch baking dish.
2. Cut fruit into small pieces or slices. Toss with sugar, cornstarch, ½ teaspoon cinnamon and lemon zest/juice.
3. In a separate bowl, mix together oats, flour, brown sugar, ½ teaspoon cinnamon, salt, and butter. Use a pastry cutter, fork or your fingers to cut in the butter until mixture resembles coarse crumbs. If using, mix in chopped pecans.
4. Transfer the fruit to the baking dish. Sprinkle the oat mixture evenly over the fruit. Bake for 40-45 minutes or until fruit is bubbly and topping is golden brown.

CHILLED STRAWBERRY SOUP

Ingredients/Shopping List

4 cups strawberries (fresh or frozen and thawed)	1 cup plain low-fat Greek yogurt	2 teaspoons vanilla 1 tablespoon honey
	½ cup orange juice	

Instructions

Blend all ingredients in a food processor. Chill for two hours prior to serving. Garnish with fresh berries, mint leaves, whipped cream or additional drizzle of yogurt.

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