

Pasta with Strawberry Sauce

I'll bet you never thought of combining pasta with strawberries!
But here it is. You must try it. And it literally takes minutes to make!



Ingredients:

- 2 pints of fresh strawberries
- 1 cup of sour cream or yogurt (whichever you prefer, but if you use yogurt, make sure it's thick otherwise the sauce will be too runny)
- 2 tbs of sugar (less or more depending how sweet the strawberries are) or for healthier choice, you could use honey
- 1 ts of freshly squeezed lemon juice
- 1 pound of shell pasta (or any pasta you prefer as long as it can hold the sauce)

Directions:

Boil pasta according to the package and let it cool.

In the meantime, put all other ingredients in a blender or a food processor and puree. Depending on what you like, you can either puree it finely or you can just pulse it to keep it chunky.

Once pasta is cooled off (and it's important that it is, otherwise the sour cream/yogurt might curdle) combine it with the sauce and dig in!

That's it. I told you it was easy.

This recipe should be good for 4 to 6 kids (depending how big the kids are).

Note:

As I always say, encourage your children to have their own input and be creative. You can substitute the strawberries with blueberries, or mixed berries or you can even add bananas.

Let the children pick their own ingredients. It will give them more satisfaction and you'll know they'll eat it!

And most importantly...have fun and happy eating!!!