



Queensland Strawberries

2023 Recipe Book



STRAW[🍓]WESOME

Breakfast, snack and dessert recipes

Queensland Strawberries and recipe creator
[Em Swanston](#) are spreading the love.

Get started making these delicious and wholesome
fresh strawberry-inspired recipes at home.

Know that when you buy fresh Queensland
strawberries, you are supporting our hard
working local Aussie growers.



QUEENSLAND
STRAWBERRIES

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No Bake **Strawberry**
Cheesecake
(Dairy Free)

Strawberry Vanilla Jam

Serves: 16+

Prep: 5 mins

Cook: 15 mins

Strawberry
Jam

Strawberry Vanilla Jam

INGREDIENTS

- 2 cups of Queensland Strawberries, hulled and sliced
- 1 tablespoon of vanilla
- 1 tablespoon of monk fruit sweetener (or granulated sweetener of choice)
- ½ cup of lemon juice
- 1-2 teaspoons of chia seeds (optional to help thicken and add a little nutritional boost)



METHOD

1. Place all ingredients into a medium-sized pot and set over high heat.
2. Bring the mixture to a gentle boil.
3. Once boiling, use a potato masher (or fork) to carefully break down and mash the berries to desired consistency.
4. Lower the heat to a gentle simmer and continue to cook, stirring/ mashing occasionally for 3-5 minutes or until the jam has reduced and thickened by about ⅓.
5. Remove from the heat and allow it to cool. (Note: It will continue to thicken as it cools).
6. Store in an airtight container in the fridge and eat on/with all the things. It should keep well for up to 2 weeks.

ENJOY XO



PICKED
WITH
LOVE



Strawberry Rhubarb Crumble

Serves: 4-6
Prep: 5 mins
Cook: 30 mins



Strawberry Rhubarb Crumble

INGREDIENTS

For the filling:

- 2 cups of sliced Queensland Strawberries
- 1 cup of chopped rhubarb
- 1 tablespoon of monk fruit sweetener (or granulated sweetener of choice)
- 1 tablespoon of tapioca (arrowroot)
- 1 teaspoon of vanilla
- A pinch of salt

For the topping:

- ½ cup of almond meal
- 3 tablespoons of tapioca (arrowroot) flour

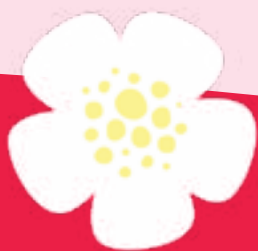
- 3 tablespoons of coconut oil
- 3 tablespoons of maple syrup
- 2 tablespoons of walnuts, roughly chopped
- 2 tablespoons of pecans, roughly chopped
- 2 tablespoons of macadamia nuts, roughly chopped
- A pinch of salt
- 1 teaspoon of baking powder
- 1 teaspoon of monk fruit sweetener (or granulated sweetener of choice to sprinkle over the top)



METHOD

1. Preheat oven to 175°C - lightly grease your baking dishes (or dish), place on a lined baking tray, and set aside.
2. Place all filling ingredients into a bowl and stir to combine.
3. Spoon filling into your baking dish and spread into a nice even layer.
4. Place all ingredients (except the granulated sweetener) for the crumble topping into a bowl and stir to combine.
5. Dollop and spread your crumble topping over your filling and push it out as close to the edges as possible.
6. Sprinkle with granulated sweetener.
7. Bake for 20-30 minutes until the top is golden and crisp and the filling is deliciously bubbly.
8. Serve with a big scoop of vanilla bean ice cream, frozen (or regular yogurt) and/or whipped cream.

WOW DELICIOUS!



Strawberry Peach Snack Cake

Serves: 8

Prep: 10 mins

Cook: 1 hr

Strawberry Peach Snack Cake



INGREDIENTS

For the cake:

- 2 eggs or flax eggs*
- 2 tablespoons of vanilla yoghurt
- 2 tablespoons of vanilla almond milk
- 1 tablespoon of vanilla
- 1 cup of almond flour
- 2 tablespoons of vanilla protein powder (see notes for substitutions)**
- ¼ cup of monk fruit sweetener (or granulated sweetener of choice)
- ½ teaspoon of lemon zest (optional)
- 1 teaspoon of baking powder

- ½ teaspoon of baking soda
- A pinch of salt
- 2 tablespoons of strawberry jam

Notes:

- 1-2 peaches (depending on size and how peachy you're feeling) thinly sliced
- 1 cup of Queensland Strawberries, sliced
- 1 teaspoon of monk fruit sweetener (or granulated sweetener of choice)
- 1 pinch of salt
- 1 teaspoon of baking powder
- 1 teaspoon of monk fruit sweetener

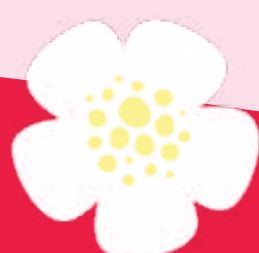
METHOD

1. Pre-heat oven to 175°C. Line your cake pan (I used a small 6 inch round cake pan) with non-stick baking paper then set aside.
2. Place all cake ingredients (except for the strawberry jam) into a bowl and stir to combine.
3. Spoon ½ of your cake batter into your prepared baking tray.
4. Dollop/spoon your strawberry jam over the cake batter and use a toothpick (or utensil) to swirl into the cake mix.
5. Pour remaining cake batter over the swirled strawberry jam.
6. Top with sliced peaches and strawberries. Whatever doesn't fit on top before baking, just add when serving - the caramelized sweet and fresh fruit combination is incredible!
7. Sprinkle with 1 teaspoon of monk fruit sweetener (or granulated sweetener of choice).
8. Bake for 50-60 minutes, until the top springs back when lightly pressed and a toothpick has just a few crumbs attached when inserted into the middle.
9. Allow your cake to cool in the pan for 5-10 mins, and then transfer to a wire rack to cool completely.***

* To make a flax egg, mix 1 tablespoon of flaxmeal + 2½ tablespoons of water and let it sit for 5 mins.

** You can sub ½ teaspoon of coconut flour in place of the protein powder.

*** If you feel like the top of your cake is browning too quickly, you can cover it with foil (just make sure to tent it high enough so the cake has room to breathe).



Strawberry Crumble Bars

Serves: 4-6

Prep: 10 mins

Cook: 40 mins



Strawberry Crumble Bars



INGREDIENTS

For the Base:

- $\frac{3}{4}$ cup of almond meal
- 2 tablespoons of coconut flour
- 2 tablespoons of tapioca (arrowroot) flour
- 2 tablespoons of maple syrup
- 2 tablespoons of (liquid) coconut oil
- $\frac{1}{2}$ teaspoon of baking soda

For the filling

- $1\frac{1}{2}$ cups of sliced Queensland Strawberries
- 1 tablespoon of monk fruit sweetener (or granulated sweetener of choice)
- 1 tablespoon of tapioca (arrowroot)
- 1 teaspoon of vanilla

- A pinch of salt
- Squeeze of lemon

For the topping

- $\frac{1}{4}$ cup of almond meal
- $1\frac{1}{2}$ tablespoons of tapioca (arrowroot) flour
- $1\frac{1}{2}$ tablespoons coconut oil
- $1\frac{1}{2}$ tablespoons of maple syrup
- 2 tablespoons of walnuts, roughly chopped
- 2 tablespoons of pecans, roughly chopped
- 2 tablespoons of macadamia nuts, roughly chopped
- $\frac{1}{2}$ teaspoon of cinnamon
- A pinch of salt
- 1 teaspoon of baking powder
- 1 teaspoon of monk fruit sweetener

METHOD

1. Preheat the oven to 175°C , lightly grease your baking dish (or dishes), place on a lined baking tray, and set them aside.
2. Place all your base ingredients into a medium size bowl and stir to combine.
3. Pour base mix into your prepared baking dish and using your fingers (or the back of a spoon) press down into an even-ish layer smoothing to the edges as you work your way around.
4. Bake for 10-15 mins until the top and edges are slightly golden.
5. Remove from the oven and set aside to cool while you prepare your filling.
6. Place all filling ingredients into a bowl (the same one you used to mix up the base is fine) and stir to combine.
7. Spoon filling over your base and spread to the edges. Set aside.
8. Place all crumble/topping ingredients (except the granulated sweetener) into a bowl and stir to combine.
9. Spoon, dollop and spread your crumble topping over your filling, pushing it out as close to the edges of the dish as you can.
10. Sprinkle with granulated sweetener.
11. Bake for 15-20 minutes until the top is crisp and gloriously golden and the filling is deliciously bubbly.
12. Serve with a big scoop of vanilla bean ice cream, frozen (or regular) yogurt, whipped cream or devour them simply as they are.



Sparkling Kombucha Strawberries

Serves: 8+
Prep: 15 mins
Soak: 1 hr

Sparkling Kombucha Strawberries



INGREDIENTS

- 1-2 punnets of Queensland Strawberries
- 1 bottle of your favourite kombucha
- ½ cup of monk fruit sweetener (or granulated sweetener of choice)
- A pinch of Tajin (optional but gives an awesome little kick)

METHOD

1. Rinse and drain your strawberries, then pour them into a large bowl or container.
2. Pour your kombucha over the strawberries into the bowl, adding enough so that they're all submerged.
3. Cover and let the strawberries soak in the fridge for at least one hour.
4. Once your strawberries have finished soaking and are ready to be coated, pour your monk fruit sweetener (or granulated sweetener of choice) and Tajin (if using) into a bowl and set aside.
5. Remove your strawberries from the fridge. One by one, pat the strawberries dry with paper towel and then roll and coat in the sugar.
6. Place your sugar coated strawberry onto a serving plate and repeat until all of your strawberries are coated.

Notes:

- These berries are best enjoyed immediately as they can get soggy (because of the acidity in the kombucha and Tajin) if they sit for a few hours.

ENJOY XO



Strawberry Overnight Oats



Serves: 1
Prep: 15 mins
Cook: 1 hr

Strawberry Overnight Oats



INGREDIENTS

- ¼ cup of Queensland Strawberries, roughly chopped
- ½ cup of rolled oats
- 1 scoop of vanilla protein powder
- 1 teaspoon of vanilla extract
- 1 teaspoon of maple syrup
- ½ cup of unsweetened vanilla almond milk (or milk of choice)
- ¼ cup of vanilla (or strawberry) Greek yogurt
- A pinch of sea salt
- 1 teaspoon of chia seeds (optional)
- 1-2 tablespoons of almond or peanut butter (measure with your heart)

METHOD

1. In a small bowl (or jar) add oats, protein powder, almond milk, yogurt, vanilla, maple syrup and chia seeds (if using) and stir until well combined.
2. Add strawberries and stir to combine.
3. Cover and place in the fridge overnight.
4. Once ready to serve, top with 1 tablespoon of nut butter, a few extra strawberries and an extra drizzle of maple syrup.

Notes:

- If you like some extra crunch, add chia seeds or a tablespoon of your favourite granola or chopped nuts!
- Overnight oats will keep well for 3-5 days stored in a sealed, air tight container in the fridge. You may need to add a touch more milk when you're ready to enjoy.
- To serve warm, make as per the recipe above. In the morning (or whenever you're ready to eat them) just heat by your preferred method, give it a good stir and enjoy.

ENJOY XO



A close-up photograph of several Strawberry Dark Chocolate Bounty Bars. The bars are rectangular, with a light pink, textured filling that appears to contain strawberry pieces. They are coated in a dark chocolate shell and decorated with intricate, dark chocolate drizzles. The bars are arranged on a light-colored surface, possibly a baking sheet, which is also covered with chocolate shavings and small red and white sprinkles. In the background, there are fresh strawberries with green leaves.

Strawberry Dark Chocolate Bounty Bars

Serves: 22
Prep: 15 mins
Freeze: 2-3 hrs

Strawberry Dark Chocolate Bounty Bars



INGREDIENTS

For the strawberry coconut bars:

- ⅓ cup of Queensland Strawberries, hulled and roughly chopped
- 1 cup of desiccated coconut
- ¼ cup of coconut cream* (thick part only, see note)
- 2 tablespoons of maple syrup (more or less to taste)
- 2 teaspoons of vanilla
- A pinch of salt
- 1 scoop of vanilla protein powder

For the chocolate coating:

- ½ cup of dark chocolate chips or roughly chopped
- ¼-½ teaspoon of finely ground instant espresso (optional but SO good!)
- ½ teaspoon of lemon juice
- ½ teaspoon of arrowroot (tapioca) starch
- ½ teaspoon of balsamic vinegar

METHOD

For the strawberry sauce:

1. Line a small tray (or plate) with baking/parchment paper and set aside.
2. Place all ingredients for the strawberry bounty bars into your food processor and pulse or process until combined. Now, you have two options here... Spoon your strawberry coconut mixture into a silicone mould (we used a small rectangular silicone ice cube tray but any kind of silicone chocolate mould would work). Make sure you press the mixture firmly down into fill the mould and use the back of your spoon to smooth/level out the tops. Gently tap the filled mould on to the counter top a few times to help remove any little air bubbles that may be hiding in the middle of your bars and place them into the freezer for an hour or two to set.
3. If you don't have (or want to buy) an ice cube tray or chocolate mould, you can use your hands to roll the mixture into balls or form little log shapes like the more traditional bounty shape we know and love.
4. Place your rolled bars onto your prepared baking tray (or plate) and place it into the freezer for an hour or two to set.

5. Once your strawberry coconut bars are set, leave them in the freezer while you prepare the chocolate for coating.
6. Melt chocolate by your preferred method and add the finely ground instant espresso powder if using.
7. Dip the bottom half of each bar into your melted chocolate, one at a time.
8. Let any excess chocolate drip off the bottom (tip: gently scrape the base on the side of the bowl your melted chocolate is in so it's nice and smooth) then place on your prepared baking tray.
9. Drizzle any remaining chocolate over the top of your berry-licious bounty bits.

Notes:

- These must be kept refrigerated. They also freeze really well and will keep that way for up to 3 months. Just let them sit at room temp for a few minutes to soften before you bite.
- To get the thickest, creamiest coconut cream - open your can of coconut cream and let it sit, uncovered, in the fridge overnight. Then, the next morning when you're ready to make your bounty bars, scrape off the creamy top layer. You can use the remaining liquid to make smoothies or freeze in an ice cube tray for future use.



No Bake Strawberry Cheesecake (Dairy Free)



Serves: 12+
Prep: 20 mins
Cook: 10 mins

No Bake Strawberry Cheesecake (Dairy Free)



INGREDIENTS

For the base:

- 1 cup of almonds
- 1 cup of cashews
- 1 tablespoon of vanilla
- 1 tablespoon of maple syrup
- 1 teaspoon of water
- 1 pinch of cinnamon (measure with your heart)
- A pinch of salt

For the cheesecake:

- 1¾ cup of raw cashews (soak overnight in water)
- 1 tablespoon of vanilla extract
- 3 tablespoons of lemon juice

- 1 teaspoon of lemon zest
- ⅓ cup of coconut oil - liquid
- ½ cup of coconut cream (thick part only)
- ⅓ cup of maple syrup (more or less to taste)
- A pinch of pink salt

For the strawberry sauce:

- 1 cup of Queensland Strawberries, roughly chopped
- 1 teaspoon of granulated sweetener of choice (I use monk fruit)
- 1 teaspoon of vanilla extract
- ½ teaspoon of lemon juice
- ½ teaspoon of arrowroot (tapioca) starch
- ½ teaspoon of balsamic vinegar

METHOD

For the strawberry sauce:

1. Add the strawberries, sweetener and lemon juice to a medium-size saucepan over high heat.
2. Bring the mixture to a boil, once boiling use a potato masher or fork to break down and mash the berries.
3. Continue to cook for 5-8 minutes or until the sauce has reduced and thickened by ⅓.
4. Remove from the heat and set aside to cool. It will continue to thicken as it cools.

For the cheesecake:

5. Place almonds and cashews into your food processor or blender and process until they break down into a fine, sandy-looking crumb.
6. Add vanilla, maple syrup, cinnamon and salt and process again until a sticky “dough” forms. If it’s a little dry and not sticking together, add a splash of water, 1 teaspoon at a time, until it holds together when you pinch it between your fingers.
7. Press base mixture into a lined 8 x 8 baking pan and set aside while you make your filling.

8. Place all cheesecake filling ingredients into your food processor/blender and process until deliciously smooth, creamy and well combined.
9. Taste and adjust as needed (extra maple for more sweetness, more lemon for extra tartness).
10. Pour ½ of your cheesecake over the base.
11. Use a small spoon to dollop your cooled strawberry sauce onto your cheesecake mixture and use a toothpick (or utensil of choice) to make pretty swirls in the cheesecake filling.
12. Top with remaining cheesecake filling.
13. Dollop/swirl more of your cooled strawberry sauce onto the top layer of cheesecake and use a toothpick (or utensil of choice) to make pretty swirls.
14. Carefully tap the filled cheesecake tray on the counter top a few times to smooth it out and remove any sneaky air bubbles that may be hiding in the middle.
15. Place in the fridge/freezer for a few hours to set. This is absolutely THE hardest part about making this cheesecake but it’s 100% worth it!
16. Once set, slice and enjoy.





QUEENSLAND
STRAWBERRIES

We hope you enjoy these
STRAW  **WESOME**
recipes!

Thank you for choosing fresh Queensland
Strawberries and supporting our
hardworking growers.

Check out more of Em Swanston's recipe
inspiration on **@emsswanston**.