

Strawberry Mash

We love this easy and simple treat that David made up. The kids and grandkids beg for it!

1 lb. strawberries

$\frac{1}{8}$ - $\frac{1}{4}$ c. honey (add a tiny amount of hot water to allow the honey to thin a little)

$\frac{1}{2}$ - 1 t. vanilla

$\frac{1}{8}$ c. real maple syrup

Take the stems off of the strawberries and put the strawberries in your vitamix. Turn it on low to medium and use the tamper to help mash the berries. It is just fine to have it be chunky. Pour into a bowl and add honey, vanilla and maple syrup. Stir well. If you want it a little sweeter, just add more honey. We like to eat it just plain, but for a real treat spoon it over some dairy free vanilla ice cream! Yum!

