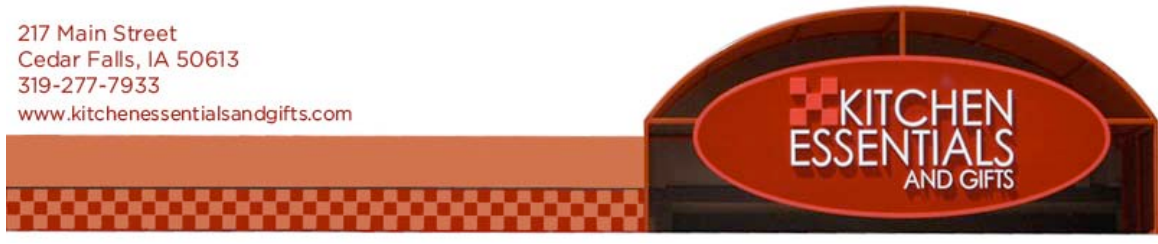


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Strawberry Cream Soda

When I'm using a flavor other than, or in addition to, vanilla, I often add milk to cream sodas. Not only does milk add protein to the drink, but its natural sweetness allows you to reduce or eliminate the sugar in your recipes. If you're thirsting for something closer to an ice cream soda, you can substitute half-and-half for the milk.

Strawberry Puree – Enough for 4 servings

1 pint strawberries, hulled
1/2 cup whole milk
1 tablespoon honey or agave syrup
1 teaspoon vanilla extract

Combine the strawberries, milk, honey, and vanilla in a blender or food processor and puree. Strain to remove the strawberry seeds.

This puree will keep in the refrigerator for up to 24 hours, but is best used immediately.

To Mix with Seltzer – 1 serving

1/3 cup strawberry puree
1 cup seltzer

Pour the puree into a tall glass. Add the seltzer and stir just until blended. Add ice and serve.