



QLD COUNTRY WOMEN'S ASSOCIATION

COUNTRY
Kitchens
Recipe for good health

Strawberry

QCWA Product of the Year - 2026

RECIPE BOOKLET

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Queensland
Country Women's Association

health+
wellbeing
Queensland



QCWA Country Kitchens Strawberry Recipe Booklet

The Queensland Country Women's Association proudly presents the Country Kitchens program, aimed to support Queenslanders to improve their health by adopting healthier lifestyle behaviours.

Country Kitchens provides useful nutrition information and basic cooking skills in an environment of fun and friendship with QCWA members in their local branches. The program is proudly funded by Health and Wellbeing Queensland and is underpinned by 5 key messages:



Get more fruit and veg into your meals



Cook at home



Check your portion size



Be aware of sugar in your drinks



Sit less, move more

This recipe booklet has been designed to showcase healthy recipes for the 2026 QCWA Product of the Year - Strawberry. It is intended to accompany the Country Kitchens 2026 Product of the Year Community Activity Guidelines.

Each recipe in this booklet meets the QCWA Country Kitchens nutrition criteria. This means that recipes highlighted as 'everyday foods' contain at least one serve of fruits and/or vegetables per portion, and no added sugar. These are healthy foods recommended by the Australian Dietary Guidelines for daily consumption. The recipes highlighted as 'discretionary foods' contain at least half a serve of fruit and/or vegetables per portion, and should only be consumed sometimes and in small amounts.

We hope that the recipes in this booklet will inspire you to get into the kitchen to prepare and serve healthy, delicious recipes that feature strawberry for your next QCWA meeting or event!

If you would like more recipes or information about the QCWA Country Kitchens program, please visit our website: qcwacountrykitchens.com.au

Apple and Strawberry Muffins

Serves: 12

Prep time: 5 minutes

Cook time: 20 minutes



½ serve per portion

Ingredients

1 ¼ cups wholemeal self-raising flour

½ teaspoon ground cinnamon

⅓ cup brown sugar

1 ¼ cup unsweetened apple purée

1 large egg, lightly beaten

3 tablespoons light olive oil

1 cup chopped fresh or frozen strawberries

½ cup dried apple, chopped

1 teaspoon vanilla extract



Discretionary Food

Method

PREHEAT oven to 180°C and line muffin tin with cases.

COMBINE flour, cinnamon, and sugar in a bowl.

MIX apple purée, egg, oil, and vanilla in a separate bowl.

ADD wet ingredients to dry and stir gently until just combined. Avoid over mixing.

FOLD in chopped strawberries and dried apple.

DIVIDE batter evenly into muffin cases.

BAKE for 20 minutes or until golden and a skewer inserted comes out clean.

COOL slightly before serving.

Recipe courtesy of the Country Kitchens team

Curried Chickpeas and Barley with Strawberry Chutney

Serves: 4

Prep time: 20 minutes

Cook time: 25 minutes



5 serves per portion

Ingredients

Curried Chickpeas:

1 brown onion, finely diced

2 garlic cloves, minced

1 head cauliflower, cut into florets

1 green capsicum, roughly chopped

1 cup vegetable stock

3 cups cooked barley (approx. 1 cup dry, cooked to packet directions)

400g can of chickpeas, rinsed and drained

2 tablespoon curry powder

1 tablespoon ground cumin

2 tablespoons fresh lime juice

1 teaspoon lime zest

1 cup natural yoghurt, to serve

¼ cup fresh coriander leaves (optional)

Chutney:

2 medjool dates, soaked in 2 tablespoons hot water

4 cups fresh strawberries, cut into quarters

½ cup raisins

1 brown onion, finely diced

1 tablespoon apple cider vinegar

2 garlic cloves, finely chopped

½ teaspoon ground cinnamon

½ teaspoon dried thyme

¼ teaspoon cayenne pepper (optional)



Everyday Food

Curried Chickpeas and Barley with Strawberry Chutney continued...

Method

MASH dates and water to form a paste in the bottom of a medium saucepan.

ADD the rest of the strawberry chutney ingredients and heat over low-medium heat.

SIMMER mixture for 15 minutes, stirring occasionally, until soft and jam-like. Remove from heat and allow to cool.

HEAT olive oil in a saucepan over medium heat.

ADD onion and garlic and sauté for 2-3 minutes.

ADD cauliflower, capsicum and ¼ cup stock to the saucepan and cook over medium heat for about 5 minutes.

MIX in remaining stock, chickpeas, curry powder and cumin. Simmer for 5 minutes or until vegetables are tender.

STIR in lime juice and zest.

SERVE four equal portions of curried chickpeas over a bed of barley with yoghurt, coriander and strawberry chutney on top.

Recipe courtesy of the Country Kitchens team



Layered Strawberry Parfait

Serves: 4

Prep time: 5 minutes

Cook time: 0 minutes



2 serves per portion

Ingredients

1 cup strawberries, chopped

½ cup homemade granola [pg. 7] *OR* rolled oats

1 cup vanilla or strawberry yoghurt, reduced fat

2 tablespoons mixed seeds (chia, pumpkin, sunflower)

Optional toppings:

1 teaspoon honey or maple syrup

A few whole strawberries

Pinch of cinnamon

Method

LAY chopped fresh strawberries in the bottom of a glass or bowl.

SPRINKLE with a tablespoon of rolled oats or 'homemade granola'.

ADD a layer of yogurt.

SPRINKLE with mixed seeds.

REPEAT layers until glass is full or ingredients are used up.

DRIZZLE a little honey or maple syrup on top if desired.

GARNISH with a few whole strawberries and a pinch of cinnamon on top.

Note: if fresh strawberries aren't available, you can use frozen or make a homemade strawberry compote by simmering 1 cup of frozen strawberries with a ¼ cup of water and a teaspoon of honey until reduced.



Everyday Food

Recipe courtesy of the Country Kitchens team

Homemade Granola

Serves: 10

Prep time: 5 minutes

Cook time: 10 minutes



½ serve per portion

Ingredients

2 cups rolled oats

1 cup almonds

1 cup sunflower seeds or pepitas

1 cup dried fruit (eg. chopped apricots, apple, pineapple, raisins)

2 teaspoons ground cinnamon

⅓ cup neutral oil such as canola

⅓ cup honey or maple syrup



Method

MIX oats, almonds, seeds, dried fruit and cinnamon together in large bowl.

HEAT half of the oil in large pan on medium heat.

ADD in oat mix and stir until oats are light brown, about 5 minutes.

ADD in honey and remaining oil and stir for an additional 5 minutes.

REMOVE from heat and allow to cool.

Recipe courtesy of the Country Kitchens team



Mexican Chicken with Strawberry Salsa

Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes



1 serve per portion

Ingredients

1 tablespoon ground cumin

1 tablespoon paprika

1 teaspoon chili powder (optional)

1 tablespoon onion powder

1 tablespoon garlic powder

500g chicken breast, chopped in half horizontally

2 tablespoons olive oil

Brown rice, to serve

Salsa:

3 cups fresh strawberries, finely diced

1 ripe avocado, diced

1 jalapeño, deseeded and finely diced (optional)

½ red onion, finely diced

½ cup coriander, finely chopped (optional)

2 teaspoons honey

2 tablespoons fresh lime juice

Method

COMBINE cumin, paprika, chilli, onion and garlic powder in a small bowl.

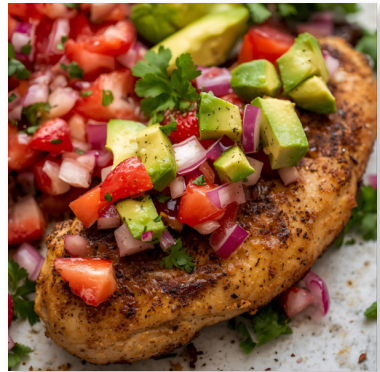
COAT chicken in seasonings and set aside in a medium bowl.

MIX salsa ingredients in a small bowl and set aside.

HEAT olive oil in a frying pan over medium heat.

ADD chicken and fry over medium heat, turning halfway through, until cooked.

SERVE chicken over brown rice, topped with strawberry salsa and a squeeze of lime juice (optional).



Everyday Food

Recipe courtesy of the Country Kitchens team

Strawberry Crumble

Serves: 8

Prep time: 10 minutes

Cook time: 20 minutes



½ serve per portion

Ingredients

¾ cup rolled oats

¾ cup wholemeal plain flour

3 tablespoons brown sugar

½ teaspoon baking powder

3 tablespoons margarine, melted

1kg strawberries, fresh and diced OR frozen and defrosted

2 tablespoons cornflour

2 tablespoons water

¼ cup caster sugar

1 teaspoon vanilla extract

Natural yoghurt, reduced fat, to serve



Discretionary Food

Method

PREHEAT oven to 180°C.

MIX rolled oats, flour, brown sugar and baking powder together in a bowl.

POUR in melted margarine and stir until well combined. Set aside

PLACE strawberries into a saucepan and add cornflour, sugar, water and vanilla extract. Stir until combined.

COOK strawberry mixture over medium heat for 2-3 minutes or until slightly thickened.

TRANSFER strawberries to a medium sized baking dish.

SPRINKLE oat mixture evenly over the strawberries.

BAKE in oven until topping is golden and fruit is bubbling, about 15 minutes.

SERVE warm, with a dollop of yoghurt on top.

Recipe courtesy of the Country Kitchens team

Strawberry Gazpacho

Serves: 6

Prep time: 15 minutes + 1 hour cooling time

Cook time: 0 minutes



1 serve per portion

Ingredients

1kg strawberries, cut into quarters

1 cucumber, peeled and diced

1 red onion, finely chopped

1 capsicum, chopped

2 cloves fresh garlic, crushed

3 tablespoons good quality extra virgin olive oil

2 tablespoons sherry vinegar

1 cup vegetable stock

1 teaspoon sea salt

Freshly ground black pepper, to taste

Chives, finely chopped, for garnish (optional)



Everyday Food

Method

ADD strawberries, cucumber, red onion, capsicum and garlic to a blender and blend until smooth.

ADD olive oil, sherry vinegar, vegetable stock, salt and pepper to taste.

BLEND again briefly to combine.

TASTE and adjust seasonings as necessary.

CHILL the gazpacho in the refrigerator for at least 1 hour before serving.

SERVE cold, garnished with finely chopped chives and extra strawberry and cucumber slices if desired.

Recipe courtesy of the Country Kitchens team

Strawberry Ricotta Toast

Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

2 slices sourdough bread, lightly toasted

8 medium strawberries, sliced

½ cup ricotta cheese, low fat

Optional toppings:

1 teaspoon honey

Lemon or lime zest

Finely chopped mint

Cinnamon

Roasted and chopped pistachios or walnuts

Method

SPREAD ricotta on toast.

TOP with sliced strawberries and your choice of toppings.

SERVE immediately.



Everyday Food

Recipe courtesy of the Country Kitchens team

Strawberry Smoothie

Serves: 2

Prep time: 5 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

2 cups fresh or frozen strawberries

½ cup strawberry flavoured yoghurt, reduced fat

½ cup milk, reduced fat



Everyday Food

Method

ADD all ingredients to a blender and blend until smooth.

SERVE cold.

Recipe courtesy of the Country Kitchens team

Strawberry, Cucumber, Watermelon and Feta Salad

Serves: 4

Prep time: 15 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

2 cups watermelon, cubed or balled

1 cup strawberries, hulled and halved or quartered

1 cup cucumber, thinly sliced

½ cup feta cheese, crumbled or cubed

¼ cup fresh basil leaves, torn or chiffonade

Dressing:

3 tablespoons lime juice

2 tablespoons olive oil

1 teaspoon honey

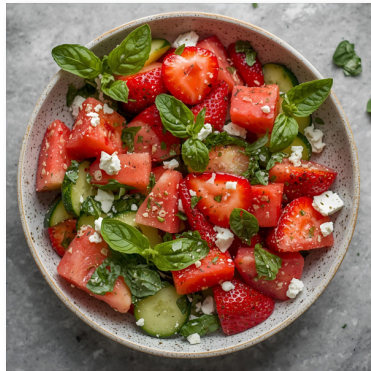
Salt and black pepper, to taste

Method

ADD watermelon, strawberry, cucumber, feta cheese and basil to a bowl and gently toss together.

COMBINE dressing ingredients in a small bowl or jar with lid and shake well.

DRIZZLE dressing over salad and toss before serving.



Everyday Food

Recipe courtesy of the Country Kitchens team

Strawberry, Pear and Vanilla Loaf

Serves: 12

Prep time: 30 minutes

Cook time: 70 minutes



½ serve per portion

Ingredients

400g strawberries, chopped

2 pears, cored and chopped

1 tablespoon caster sugar

1½ cups wholemeal plain flour

1 cup self-raising flour

1 teaspoon bicarb soda

1 teaspoon cinnamon

½ cup milk

⅓ cup olive oil



Discretionary Food

⅓ cup honey

2 eggs, lightly beaten

2 teaspoons vanilla extract

150g strawberries, extra, sliced

Icing sugar, to dust

Method

PREHEAT oven to 180°C. Line a 25cm loaf pan with 3 layers of baking paper, extending the paper 2cm above the edges of the pan.

PLACE strawberries, pears, sugar and 2 tablespoons of water in a saucepan. Cover, bring to the boil over high heat. Remove lid and reduce heat to medium-low.

SIMMER stirring occasionally for 10-15 minutes or until strawberries have softened and sauce thickens slightly. Set aside for 20 minutes to cool.

BLEND fruit mixture until smooth. Allow to cool completely.

SIFT flours, bicarb soda and cinnamon into a large bowl. Make a well in the centre.

ADD milk, oil, honey, eggs, vanilla and fruit mixture. Stir well to combine.

SPOON mixture into prepared pan and level the top.

ARRANGE slices of extra strawberries, overlapping to completely cover top of batter. Bake for around 1 hour 10 minutes, or until a skewer inserted into the centre of loaf comes out clean.

STAND in pan for 10 minutes. Transfer, top side up, onto wire rack lined with baking paper. Allow to cool completely.

SERVE dusted with icing sugar.

Recipe courtesy of Cynthia Daniels, Maleny Branch

Strawberry, Walnut, Parmesan & Rocket Salad

Serves: 4

Prep time: 5 minutes

Cook time: 0 minutes



1 ½ serves per portion

Ingredients

4 cups rocket, washed and dried

1 ½ cups fresh strawberries, sliced in half

¼ cup walnuts, toasted and roughly chopped

¼ cup shaved Parmesan cheese

Optional: fresh basil leaves, torn

Dressing:

2 tablespoons extra virgin olive oil

1 tablespoon balsamic vinegar

1 teaspoon honey

½ teaspoon Dijon mustard

Salt & black pepper, to taste

Method

ADD salad ingredients to a shallow bowl or plate and gently mix together.
COMBINE dressing ingredients in a small bowl or jar with a lid and shake well.

DRIZZLE dressing over salad before serving.



Everyday Food

Recipe courtesy of the Country Kitchens team





Connecting women who have the power to heal their communities

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