



ROASTED STRAWBERRIES



Ingredients

4 cups (2 lbs) fresh strawberries
3 tbsp maple syrup
1 tsp vanilla extract
¼ - ½ tsp cinnamon
pinch of sea salt

optional: 1-2 tsp liqueur - amaretto, orange, raspberry or almond flavours would work well for this recipe



Instructions

Yield
2 cups

Prep Time
10 mins

Bake Time
30 mins

Total Time
40 mins

1. Preheat the oven to 350°F.
2. Rinse and pat dry the strawberries.
3. Remove the leaves and stems, then slice all the strawberries.
4. Line a baking sheet with baking parchment, then add the sliced strawberries.
5. In a small bowl, mix together the maple syrup and vanilla. Drizzle it evenly over the sliced strawberries.
6. Sprinkle the strawberries with cinnamon and salt.
7. Roast the strawberries at 350°F for 25-30 minutes, until tender. Stir the sliced strawberries halfway through the baking time for more even baking.
8. Once cooked to your desired likeness, remove the strawberries from the oven. Drizzle with 1-2 teaspoons of liqueur if desired.
9. Serve the warm roasted strawberries right away, or let them cool and then transfer them to an airtight container. Roasted strawberries keep well in the fridge for about 5 days or in the freezer for 1-2 months. Freeze them in an ice cube tray, then transfer the frozen cubes to a freezer-safe Ziploc bag for easy freezer storage access.