Freeze!

September 1, 2009

I've been living with HIV since 1992, and two years ago a new HIV combo unsettled my stomach. But I found a sure cure for my uncomfortable diarrhea: frozen strawberries (fresh ones don't work for me). I microwave them right out of the freezer and add them to my oatmeal each morning (did I mention that I'm also trying to lower my triglycerides?).

My recipe: Combine 1/2 cup oatmeal with 1 cup of 2 percent milk and microwave for 2 minutes. Then microwave 1 cup frozen strawberries for 45 to 60 seconds (you want them to stay cold and partly frozen) and add them along with a sliced banana.

If I skip those frozen strawberries, nausea and diarrhea strike. So I always keep a few bags of berries in my freezer. Cool! —Joe, North Carolina

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http://beta.docker.poz.com/article/strawberries-frozen-hiv-17078-4320