

Notes on Raspberries

Raspberries are naturally sweet with a hint of tartness that makes your tongue crave them. Each berry is a burst of juicy flavor full of vitamin C, vitamin K, and magnesium. Raspberries are delicious in pie, tart, salad dressing, ice cream, cereal or just by themselves. They can be stored in the refrigerator for up to two days.



Simple Ideas for Raspberries

- Brighten up pancakes or French toast by topping them with fresh raspberries.
- Mix raspberries in your favorite yogurt or ice cream for a summer treat.
- Toss raspberries in a glass with ice and add your favorite summer drink.

Raspberry Almond Pie

Recipe adapted from Heidi L. Thompson, "It's a Dream Life..."

2 cups Raspberries
¼ cup Whole wheat flour
¼ cup Sugar
1 tsp Almond extract
¼ tsp Nutmeg
¼ honey Honey
¼ cup Sliced toasted Almonds

Preheat the oven to 350. In mixing bowl combine raspberries, nutmeg, flour and sugar. In measuring cup, mix honey and almond extract. Back empty crust for 5 minutes, remove from heat, add in raspberry mixture, evenly pour on honey, sprinkle almonds over the top. Bake for 30 minutes. Allow to cool before serving.

Raspberry Sherbet

1 pound Raspberries
1 cup Seedless Raspberry preserves
1 tbsp Lemon Juice
¼ cup water Water

Put raspberries and preserves in a food processor and process until liquefied. Push liquid through a food mill fitted with a fine screen. Add lemon juice and water to the liquid. Mix, cover and refrigerate for 3 hours or until frozen but not too hard. Break sherbet into chunks dup into food processor. Process until creamy, no more than 30 seconds. Return to bowl and freeze until ready to serve.

Raspberry Dressing

¼ cup Raspberry Preserves
2tbsp Olive Oil
1 tbsp White Wine Vinegar
1 tsp Dijon Mustard
Salt and pepper
1 cup Fresh Raspberries

Mix preserve, olive oil, vinegar, mustard, salt and pepper together. Stir in fresh raspberries. Chill and pour dressing over favorite salad. Enjoy!