www.purdue.edu/FoodLink

RASPBERRY

*Types*Black, purple, red, yellow

Selection Info

Look for slightly soft and plump berries that are deep in color. Avoid soft or mushy raspberries.

Preparation

Raspberries are most commonly eaten fresh. They are also used

in baking and for sauces. Wash berries under cold running water just before using.

Storage

Short-Term Storage: Store raspberries in a single layer in a refrigerator. Wash berries just before use. They are best used right after purchase, but can be kept in the refrigerator for 1 or 2 days.



Looking for a source of fresh local fruits and vegetables???... Look here...www.purdue.edu/foodlink/about.php

TROPICAL SUNRISE **PARFAIT**

Ingredients

2 cups canned pineapple tidbits or chunks in 100% fruit juice (drained)

1 cup (1/2 pint) fresh raspberries 1 cup low-fat vanilla yogurt 1 medium banana (sliced) 1/3 cup dates (chopped) 1/4 cup whole almonds (toasted and chopped)

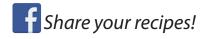
Directions

- 1. Heat oven to 300°F.
- Spread whole almonds in 2. a single layer on a nonstick baking pan, and place in oven for 5-6 minutes. Shake pan several times during toasting.
- Remove from oven, cool, and 3. coarsely chop.
- 4. While almonds are toasting, layer the pineapple, raspberries, yogurt, banana, and dates in parfait glasses.
- 5. Sprinkle the almonds on top and serve.





https://extension.purdue.edu/foodlink/food.php?food=raspberry.



Nutrition Information

1/4 of recipe Serving Size **Nutrients Amount Total Calories** 238 Protein 6g Carbohydrates 46g **Dietary Fiber** 6g Sodium 42 mg **Total Fat** 5.7g Saturated Fat 0.9g Cholesterol

3mg



Extension