

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.



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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.
2. Spread whole almonds in a single layer on a nonstick baking pan, and place in oven for 5-6 minutes. Shake pan several times during toasting.
3. Remove from oven, cool, and 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.



Learn more about **RASPBERRY** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=raspberry>.



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Nutrition Information

Serving Size	1/4 of recipe
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