

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.

LF

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

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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)

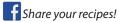
Directions

- 1. Heat oven to 300°F.
- 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.





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



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



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f Share your recipes!

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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



Extension

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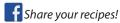
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