

Raspberry

Spring • Fall



General Information

Raspberries may be red, black, yellow, or purple. The red raspberry is the first to ripen, followed by black then purple and yellow. Some varieties produce two crops a year and are called everbearing or fall bearing.

Ripe raspberries should be large, bright, shiny, uniform in color and ripeness, attractive, firm, and of good quality. Taste varies from tart to sweet depending on the variety and maturity.

Health Benefits

- One cup provides 60% of Vitamin C recommended daily allowance.
- Provides at least 1/3 of fiber intake recommendations.

Rich in antioxidants and phytonutrients, that may reduce the risk of certain diseases.

Storing & Cooking Information

Handling: Gently handling to prevent bruising, which shortens life of fruit.

Storing: Use a shallow container to allow air circulation and prevent crushing ..

Tips: One pint of berries will provide four to five servings of fresh fruit. Fiber slows down sugar absorption, great diabetic food choice.

Overnight Oatmeal with Berries

Yield: 1 serving

Cook time: 15 minutes

Ingredients

- 1/2 Cup **milk** or milk alternative
- 1/4 Cup **Greek yogurt**
- 2 tsp **honey**
- 1/4 tsp **cinnamon**
- 1/4 tsp **vanilla extract**
- 1/2 Cup **rolled oats**, uncooked
- 1/4 Cup **raspberries**, frozen



Preparation

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.