



SIMPLY GOOD FOOD

Raspberries

Nutrient Analysis - 1 cup:

60 Calories

Vitamin C - 31 mg

Potassium - 186 mg

Carbohydrate - 14g

Vitamin A - 16 RE

On Season:

*Mid-April
through
November*



RASPBERRIES: Raspberries are a first cousin to blackberries, and second cousins to roses. They are believed to be native to Asia, yet they grew wild over much of North America before the arrival of the Europeans. Raspberries have always grown better in Northern climates, rather than in Southern ones. Red and black raspberries grow wild across the northern tier of American states, however the varieties that we prize were developed from European varieties that had been cultivated for more than four hundred years. The raspberry color palette includes: red, black, white, pearly ones and even golden ones. The lighter colors are mutants and are fairly rare.

What To Look For:

- bright, clean appearance*
- uniform good color*
- individual cells of the berry should be plump and tender*
- fully ripened with no stem caps attached*

AVOID:

- leaky or moldy berries*
- note wet or stained spots on containers*
- > these are signs of poor quality or spoiled berries*

RazPower Bars

- 1 cup prune paste
(make w/ 1 1/3 cup pitted prunes + 6 Tbsp
Water---puree or mix in food processor)
- 1 cup sugar
- 2 large eggs
- 1 1/2 cup cornflake crumbs
- 1 cup oatmeal
- 1 tsp salt
- 1/3 cup chopped nuts
- 2 cups frozen raspberries + 1 cup sugar
- 3 Tbsp tapioca

1. Mix prune paste, sugar, eggs, and oatmeal on medium speed until creamy. Add cornflake crumbs, oatmeal, salt and nuts. Mix.
2. Heat frozen raspberries and sugar in saucepan over low heat. Add tapioca. Stir until thickened. Cool.
3. Spoon 1/2 of batter on greased and floured 9-inch square pan. Place wax paper or plastic wrap on top and push in place evenly as batter is sticky.
4. Spread thickened raspberries on top. Spread remaining batter on top repeating with wax paper/plastic wrap for even spreading.
5. Bake at 350 for 30-35 minutes.
6. For thicker bars increase nuts up to 1 cup.

Nutritional Analysis:

Serving Size 4oz. - Servings Per Recipe 12

Amount Per Serving	% Daily Value
Calories 293	29 %
Total Fat 65g	5.2%
Saturated Fat .606g	3 %
Cholesterol 35.5mg	12 %
Sodium 41.9mg	1.7%
Total Carbohydrate 65.4g	21.8%
Dietary Fiber 4.87g	19 %
Protein 3.8g - Vitamin A 79% - Vitamin C 15%	
Calcium 2% - Iron 9%	

Extreme Raspberry Sauce

- 12oz. bag red raspberries
- 1 cup ketchup
- 1/2 cup water
- 5 Tbsp. brown sugar
- 1 shake Tabasco
- 1 tsp. lemon juice
- 1/4 tsp. liquid smoke
- 1/2 tsp. dry mustard
- 1/2 tsp. chili powder
- 1/2 tsp. garlic salt
- dash pepper



Mix all ingredients in blender until smooth. Pour in saucepan. Simmer on low heat for 20minutes. Add garlic or fresh cilantro leaves for added zest. *NOTE: This is a great sauce for poultry, beef, pork, ham, and salmon.*

Raspberry Nut Muffins

- 1 3/4 cup flour
- 1 1/2 teaspoon baking powder
- 1/2 tsp. baking soda
- 1 tsp. salt
- 6 Tbsp. butter
- 3/4 cup sugar
- 2 eggs
- 1 cup plain or raspberry yogurt
- 1 Tbsp lemon juice
- 6 Tbsp. milk
- 1 cup raspberries (frozen-drained or fresh)
- 1 cup chopped nuts

1. Combine flour, baking powder, soda and salt. Cream butter and sugar.
2. Add eggs, one at a time, beating after each.
3. Combine yogurt, lemon juice and milk. Add flour and yogurt mixture alternately to the creamed mixture. Fold in raspberries and nuts.
4. Fill greased muffin tins 3/4 full. Let stand 5 minutes, then bake at 350 degrees for 25 minutes. Yield: 18 2 1/2" muffins.

Sources: "Handbook of Food Preparation;" "The Nutrition Bible," J. Anderson, M.S., and B. Deskins, Ph.D.; and www.naturalhub.com

Supporting State Extension Goal: Health, Safety and Well Being

Prepared by: Ronda Alexander,
County Extension Agent 4-H, Lubbock County