

Raspberries

HOW TO CHOOSE AND STORE

Select raspberries which are bright-red, or which are fully colored, for other varieties. They should be soft, but not mushed, and uniform in color. Taste varies from tart to sweet. Store unwashed in a shallow open container in the refrigerator with good air circulation. They are very perishable. Raspberries freeze well and can be easily dehydrated.



HOW TO USE AND EAT

Raspberries are often eaten raw, since they are a sweet and refreshing snack by themselves. However, they can also be mixed into salads or made into a variety of baked goods, preserves, jams, and other dishes. Raspberry leaf tea is also popular. It has a bold fruity flavor and can be a valuable source of vitamins.

RASPBERRY OVERNIGHT OATS

An Easy Breakfast Treat

- 1 cup rolled oats (quick cooking)
- 1 cup milk or substitute
- 1 cup raspberries
- 4 teaspoons honey
- 4 small mason jars or sealable containers

Add 2 Tbsp each of the oats and milk to 4 small mason jars. Top with a layer of raspberries and a 1/2 teaspoon honey. Add another 2 Tbsp oats and 2 Tbsp milk to the top, along with the remaining honey. Screw the tops on and refrigerate overnight. Serve with additional fresh raspberries.

RASPBERRY SALAD DRESSING

- 1 cup fresh raspberries, washed
- 1/3 cup olive oil
- 5 tablespoons honey or substitute sweetener
- 2-3 tablespoon white wine vinegar or apple cider vinegar
- a pinch of salt (optional)
- Blender or food processor (alternatively, you can do this by hand, but it may be difficult)

Add raspberries, olive oil, honey, and vinegar to a blender. Blend on high speed until very smooth. add a pinch of salt if necessary. Chill in a mason jar or airtight container for about one hour before serving on your favourite salad.

SIMPLE RASPBERRY MOUSSE

- 3/4 cup raspberries (fresh or thawed from frozen)
- 2 tablespoons water
- 8 ounces softened cream cheese
- 1/4 cup and 2 tablespoons (separated) of powdered sugar
- 1 cup heavy cream
- 1/2 teaspoon vanilla extract
- Blender (or hand mixer)

In a blender, blend the raspberries and water until smooth. Add cream cheese and 1/4 cup powdered sugar and blend again until well-mixed. In a large bowl, beat the heavy cream, 2 tablespoons powdered sugar, and vanilla extract until stiff peaks form. Fold the raspberry mixture into the whipped cream until combined. Divide the mousse into dessert cups or small glasses, cover, and chill until set, about 1 hour.