

RASPBERRY

GROWN IN MINNESOTA



Nutrition Facts

Serving Size 1 cup, raw (123g)

		% Daily Value
Calories	64	
Total Fat	0g	1%
Sodium	1mg	0%
Total Carbohydrate	17g	6%
	Dietary Fiber 8g	32%
Protein	1g	

Health Benefits

- Rich in antioxidants which aids in heart health and prevents cardiovascular disease, obesity and age-related decline.
- High in fiber which aids in maintaining a healthy weight.
- Excellent source of manganese which is important for bone health.

DIFFERENT USES

- Enjoy fresh raspberries in the summer for a refreshing snack
- Top low fat yogurt with fresh raspberries
- Raspberries can be used to make homemade jam. Or make a raspberry sauce to use on top of pancakes
- Add to low-fat muffin or quick bread recipe
- Try pureeing raspberries with sweet potatoes

FUN FACT

- Minnesota grown raspberries can be found locally throughout the late summer.
- Raspberries can be red, black, purple, and golden in color.
- They are considered to be one of the most delicate berries because of their hollow core.
- Fresh raspberries should be purchased one to two days prior to use and washed just before eating.

