

Raspberry

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students will learn about a variety of snacks and healthy living.

To learn more about raspberries, watch Eating Healthy with Michelle. The video can be found at <https://www.youtube.com/watch?v=raVBtI7IfD8&feature=youtu.be>. For more facts and recipes check out Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/> and Michigan State University Extension https://www.canr.msu.edu/news/raspberries_the_small_but_powerful_fruit.

Happy snacking! – Michelle Schubert

Facts

- Raspberries are the 3rd most popular berry in the United States following strawberries and blueberries.
- There are four varieties of raspberries: red, black, purple, and yellow.
- Raspberries are an excellent source of vitamin C which helps get rid of germs in our bodies, heals cuts and bruises, and helps our skin stay healthy.
- A good source of fiber which is good for digestion and helps you feel full longer.
- Raspberries are also a good source of B vitamins and potassium.



How to Pick `Em

- Look for raspberries that are even in color, firm, and plump.
- Avoid raspberries that are wet, moldy, or bruised.
- Raspberries are highly perishable. Purchase them 1-2 days before using them.
- Store them in the refrigerator for 1-2 days. Keep dry and store in a shallow, ventilated container.
- Raspberries can also be frozen to be used later.



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Try it at Home

- Raspberries are a great snack to eat plain.
- Add them to cereal, oatmeal, yogurt, fruit salad or smoothie.

Fruit Smoothie

Ingredients:

- 1/2 cup frozen raspberries (or berries)
- 1/2 banana
- 1 container (6 ounces) nonfat yogurt



Directions:

1. Blend all ingredients well in a blender.
2. Pour into your favorite glass and enjoy!

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/fruit-smoothie/>

Fruit Salsa

Ingredients:

- 1 peach
- 1 apple
- 1 cup berries



Directions:

1. Wash and chop peach, apple, and berries into small pieces.
2. Stir to combine to make fruit salsa.
3. Serve with baked chips or cinnamon chips.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/fruit-salsa/>



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