

# Raspberries

## Fun Facts

- Raspberries are the highest fiber and lowest sugar berry
- A single raspberry is actually made up of many little fruits called drupelets, all clustered together. Each of the drupelets contains a seed, packed with fiber.
- July 31<sup>st</sup> is National Raspberry Cake Day.
- Raspberries have been used in religious art as a symbol of kindness.
- Raspberry ketones are commonly used in the cosmetic industry in shampoos, lotions, and perfumes.

## Health Benefits

- Raspberries are the highest fiber and lowest sugar berry
- One cup of raspberries has only 60 calories, but provides 60% of the RDA of Vitamin C, 36% fiber, 45% Manganese, 5% of potassium!
- Raspberries are a naturally low fat, low sodium, and cholesterol free food
- Raspberries contain many phytonutrients, which have shown to help slow the aging process, support brain health, and reduce risk of chronic diseases

### Jazz up your Razz!

Raspberries are very versatile and can be eaten fresh or in cereals, yogurt, ice-cream, smoothies, baked goods, juices, jams, and sauces.

## Try it at Home!

### Sassy Razzy Salsa

#### Ingredients:

- 1 small shallot, finely diced, about ¼ cup
- Zest and juice of one large lime, ~ 2 Tbsp
- Pinch of sea salt
- 1 small red or green jalapeno, seeded and diced
- ¼ cup cilantro, chopped
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- 2 cups frozen raspberries, thawed to room temperature
- 1 tsp of honey (if needed)

#### Instructions:

1. Add the shallot, lime zest and juice, sea salt and jalapeno to a small bowl.
2. Stir and let the mixture sit for at least 10 minutes to give the shallot time to mellow and lose its bite.
3. Stir in the cilantro, cumin and coriander.
4. Add the raspberries and toss gently, trying not to break them up too much.
5. Taste and add a little honey if the salsa is too tart. The salsa will get better the longer it sits.
6. Enjoy with whole grain tortilla chips, on top of pulled pork tacos, a black bean burger, or a grilled whitefish fillet!



## References:

National Raspberry Council, <http://www.redrazz.org>  
[http://www.softschools.com/facts/plants/raspberry\\_facts/1208/](http://www.softschools.com/facts/plants/raspberry_facts/1208/)