

Raspberries

Benefits of raspberries:



High in vitamin C



High in fiber



High in potassium

When are they in season?



It is harvested in the late summer months in Wisconsin.

Food Safety for raspberries

Check for existing mold.

Store raspberries in the refrigerator.

Separate raspberries from meat. Use different cutting boards for meats and fruits.

Did you know... unripe raspberries do not ripen after they have been picked. So picking them at their pick of freshness is key to a delicious raspberry.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Says..., J., Says..., A., Says..., F., Says..., B., Says..., T., & Says..., A. (n.d.). Home. Retrieved January 08, 2021, from <https://amyshealthybaking.com/blog/2014/07/13/raspberry-oatmeal-cookies/>

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Raspberry oatmeal cookies

Serves 15

Ingredients

- 1 cup instant oats
- ¾ cup whole wheat flour
- 1 ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- 1/8 teaspoon salt
- 2 teaspoon unsalted butter
- 1 large egg
- 1 teaspoon vanilla extract
- ½ cup honey
- 6 tablespoons fresh raspberries

Directions

1. In a medium bowl, whisk together oats, flour, baking powder, cinnamon, and salt.
2. In another bowl, whisk together butter, egg, and vanilla. Stir in honey. Add flour mixture. Stir just until incorporated.
3. Fold in raspberries.
4. Cover the bowl with plastic wrap and chill the dough for at least 30 minutes.
5. Preheat oven to 325F, and line baking sheet with parchment paper.
6. Make 15 rounded cookie dough ball and place on the baking sheet.
7. Bake for 13-15 minutes.
8. Cool on baking sheet for at least 15 minutes before placing them on a wire rack.

