

MINUTE NUTRITION NEWS

August 2018

Eating Local and Seasonal: Raspberries

By Lisa Lau, Registered Dietitian at the Georgina Nurse Practitioner Led Clinic

Raspberry season in Ontario runs from July to September. Take advantage of this nutritious fruit during this period as the imported ones can get quite expensive during the rest of the year. Many farms have pick-your-own raspberries so you can buy them in larger quantities to enjoy!



Nutritional Benefits

Raspberries are an excellent source of anti-oxidants, vitamins A and C, and fibre.

Buying and Storing Raspberries

Raspberries are very soft and fragile so can get damaged easily. When buying or picking raspberries, look for ones that are firm to the touch and not overly soft or show traces of mildew or mould.

Raspberries need to be refrigerated and stored uncovered if not eaten quickly. They can typically store for about two to three days in the fridge. In the freezer, raspberries can be stored for up to one year. A great way to continue eating local raspberries through the winter is to buy large batches in the summer when it's much cheaper and freeze them for the winter.

How to Freeze Raspberries



1. Place raspberries in a colander and wash under a light stream of cold running water.



2. Let raspberries sit and drain for 10 minutes before laying out on a paper towel to absorb the remaining water.



3. Once raspberries are dry, spread onto a baking tray without touching. Freeze for at least one to two hours.



4. Transfer raspberries into a clean resealable bag. Seal while pushing out the air from inside of the bag.

Ways to Enjoy Raspberries

- Add a handful of fresh or frozen raspberries into cereal or oatmeal in the morning.
- Spread light cream cheese or peanut butter, with homemade quick raspberry jam (see recipe on back) on toast or bagels.
- Add homemade quick raspberry jam into plain yogurt, homemade salad dressings, or drizzled as a sauce for a chicken wrap.
- Add frozen raspberries into homemade smoothies.
- Enjoy a cup of fresh raspberries topped with homemade cashew whipped cream.

Recipe of the month

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Quick and Easy Low-Sugar Raspberry Jam

One of the challenges during the summer when Ontario raspberries are so abundant is figuring out how to use it all up before it spoils. Jam is a great way to use up fresh fruits, but unfortunately often comes with lots of added sugar. This easy homemade raspberry jam recipe is not only low in sugar but also provides added fibre to help with overall gut health.



Makes ½ cup

Ingredients:

1 cup	Raspberries
1 tbsp	Chia seeds
1 tbsp	Maple syrup

Directions:

1. Use a fork to mash raspberries in a bowl.
2. Add chia seeds and maple syrup and stir to combine.
3. If a thicker consistency is desired, let mixture sit for 5-10 minutes before using.

Note: This recipe can be made ahead of time and stored in the fridge for about a week. For larger batches, store in separate smaller containers and freeze.

Recipe provided by Jaime Slavin, Registered Dietitian.

Nutrition information (per tablespoon):

20 calories, Fat 0.5g (% DV), Saturated Fat 0g (0% DV), Protein 0g

Carbohydrate 4g, Fibre 1g (4%), Sugars 2g (2% DV)

Sodium 0mg (0% DV), Potassium 34mg (1% DV), Calcium 15mg (1% DV), Iron 0mg (0% DV)