

get
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FROZEN RASPBERRIES





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Here's some fun facts about frozen raspberries.

They have about 80 calories/cup.

Compared to other berries, frozen raspberries are one of the lowest in natural sugar.

They're an excellent source of Vitamin C!

Frozen raspberries are frozen when they're really ripe... this keeps all the nutrients they have in tact.

Raspberries are an excellent source of fiber. Eating fiber helps make you feel full faster.

Frozen raspberries are easy to use and are available all year!

Using frozen raspberries may help you waste less food.

Frozen raspberries are naturally sweet!

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Red raspberries grow until they're completely ripe. Then, they're frozen really quickly. This helps them taste their best and saves most of their nutrients.

When red raspberries are frozen, they're misted with a little bit of water. There's no sugar added to them!

Red raspberries are sweet and tart, and taste good in a lot of different recipes!

You can add frozen red raspberries to smoothies, yogurt, and even as toppings on toast.

Frozen red raspberries may help us waste less food. You can take as many as you need or want from the bag and then close it back up and place what's left in the freezer.

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Frozen raspberries can be used in lots of recipes!



Homemade jam

Yogurt bowls

Fruit pizza

Naturally red desserts

Toast toppings



Pancakes and waffles

Oatmeal

Frozen ice cubes

Muffins

Smoothies

Raspberry sauce

Salad dressing

Popsicles



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**Grab a grown-up to help
you with these recipes!**



1/4 cup frozen raspberries, thawed
1/2 Tbsp chia seeds
1 personal size pizza crust
1/3 cup plain yogurt

RASPBERRY FRUIT PIZZA

Place the thawed frozen raspberries in a medium size bowl. Mash them with a fork until they are good and mixed. Add in the chia seeds. Stir to combine. Place the bowl in the refrigerator for 2 hours.

Bake the pizza crust until fully cooked. Let it cool some and then top it with the plain yogurt. Add the raspberry "jam" on top of the yogurt, and swirl the two together. Top with additional frozen raspberries and enjoy!

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1 12oz. package frozen raspberries, thawed
2 packages unflavored gelatin
3/4 cup coconut sugar
1/2 cup organic brown rice syrup
1/4 tsp sea salt
Coconut oil
1/4 cup powdered sugar
1/4 cup cornstarch
Graham Crackers
Dark chocolate squares

RASPBERRY S'MORES

Carefully pour the thawed frozen raspberries into a mesh strainer, making sure to collect the raspberry juice/liquid in a bowl. Using a fork or rubber spatula, begin to mash the raspberries in the strainer, simultaneously breaking down the raspberries and draining them. Measure out 1/4 cup raspberry juice and set aside. You can discard the rest. Then measure out 1/2 cup of the mashed, drained raspberries.

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Combine the 1/2 cup mashed raspberries and the gelatin in the bowl of a mixer. Using the whisk attachment, mix them together on low for 10-15 seconds.

In a small saucepan, combine the coconut sugar, brown rice syrup, 1/4 cup raspberry juice, and sea salt. Bring the mixture to a boil over medium high heat and let boil for 5-6 more minutes. (You can use a candy thermometer here or just eyeball it. Let it boil until it almost becomes jiggly and bubbly, or wait until a candy thermometer reads 240 degrees (F).

Remove the sugar mixture from the stove. Start the mixer (with the mixed mashed raspberries and gelatin in the bowl) on medium speed and slowly add in the sugar mixture.

Once it has all been added, turn the speed up to high, and whisk for 15-16 minutes.

While the mixer is running, line a loaf size pan with foil and rub or spray with coconut oil. Combine the powdered sugar and cornstarch in a small bowl and stir to combine. Dust the foil with about half of the powdered sugar/cornstarch mixture, and shake off any excess.

Once the marshmallow mixture has turned a dull light pink, turn the mixer off and use a greased rubber spatula to transfer the mixture to the loaf pan. Top with the remaining powdered sugar mixture, spreading to cover it.

Let the marshmallows sit out on the counter overnight. Slice the next morning. Rub all exposed sides with extra powdered sugar

Layer the marshmallows with the graham crackers, dark chocolate, and more crushed frozen raspberries in the following order: graham cracker, dark chocolate, raspberry marshmallow, crushed frozen raspberries, and graham cracker. Enjoy!

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Modeling healthy eating behaviors to your kids

As a parent, up until the pre-teen years, you are the number one influencer to your child and their eating behaviors and preferences. It's important to set a strong foundation of healthy eating habits when children are young, so that when they are older and faced with food-related decisions, they can make a healthy choice on their own, and have a healthy relationship with food.



The best way to do this is to model healthy eating behaviors yourself. Make sure your child sees you:

- Eating a variety of foods
- Happily eating fruits and vegetables
- Not stressing about food decisions
- Talking about the different foods that are part of your meals
- Talking about food and how it relates to health and strength, not weight
- Being open to trying new foods
- Practicing mindful, purposeful eating (being intentional about meals and snacks)

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Get kids involved in the kitchen

In addition to role modeling healthy eating behaviors for your kids, it's important to think about ways to get them involved in the kitchen. Try some of these ideas:

- Offer your kids choices: let them pick between fruits at snacktime, or which vegetable you should prepare at dinner.
- Let them help you prep different items for dinner.
- Encourage them to play with their food. It's good for kids to use all of their senses when "investigating" a new food.
- Have them pack their lunches for school.
- Take them to the store and let them pick out their own measuring cups and spoons. Let them be in charge of "measuring" different ingredients for a recipe.
- Give them a spatula or spoon and allow them to stir ingredients together.
- Clean up! Everyone can help in clean up and putting dishes away. It's important for kids to see the entire cooking process.

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Build the perfect yogurt bowl

What kind of yogurt should you use?

Always start with plain yogurt, especially if you plan to add a sweetener like maple syrup or dried fruit.

Frozen raspberries add the perfect amount of natural sweetness!

Yogurt bowls are a quick, and simple breakfast or snack option. Here's some of my favorite things to put on top of a yogurt bowl!

Plant-based fats

Nuts, like walnuts and almonds, nut butters, seeds, seed butters, and avocado

Protein

Nuts, nut butters, protein powders, quinoa, seeds, and seed butters

Grains & Starches

Quinoa, oats, granola, sweet potatoes, squash, cereals

Breakfast yogurt bowl

Include the following:

- Yogurt
- Fruit
- Vegetable
- Plant-based fat
- Protein
- Grains
- Flavorings & Sweeteners (optional)

Snack yogurt bowl

Include the following:

- Yogurt
- Fruit
- Vegetable
- Flavorings & Sweeteners (optional)



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