



## Raspberries

The fruit of the raspberry bush, a bramble bush probably originally from eastern Asia. Usually red, raspberries can also be black, yellow, orange, amber-colored or white. Sweet and finely perfumed, they are moderately tart and more fragile than strawberries. Wild raspberries are smaller than cultivated raspberries.

### Buying

Choose: firm glossy raspberries.

### Serving Ideas

Raspberries are used in the same way as strawberries, and the two fruits are in fact interchangeable in most recipes. Raspberries are delicious plain or eaten with ice cream or yogurt.

### Nutritional Information

Per 3.5 oz/100g	raw
Water	87%
Protein	0.9g
Fat	0.6g
Carbohydrates	11.5g
Fiber	4.7g
Calories	50

### Preparing

To prevent raspberries from becoming soft and waterlogged, only wash if necessary and do so delicately and quickly, when about to use.

Good Source: raw - vitamin C.

Contains: potassium and magnesium.

Properties: diuretic, tonic, depurative, stomachic and laxative.

### Storing

Raspberries are fragile and highly perishable. Avoid exposing them to sunlight or leaving them at room temperature.

*In the fridge: 1-2 days, unwashed and only loosely packed, after removing any damaged berries.*

*In the freezer: as is with or without sugar.*