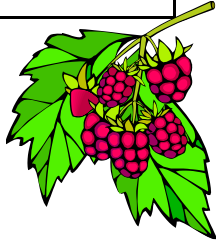


## BERRY COBBLER

- 2 cup berries
- 1/2 cup sugar
- 1 egg, beaten
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 cup sugar
- 1/2 cup low-fat milk
- 1/2 cup butter or margarine,  
melted
- 1 egg, beaten



1. Preheat oven to 425 degrees.
2. Combine berries, 1/2 cup sugar, and 1 beaten egg in a 9x9 inch greased baking dish.
3. Combine flour, baking powder and 1/2 cup sugar in mixing bowl.
4. Mix milk, butter and 1 beaten egg together. Stir gently into flour mixture. Spread over the top of the berries.
5. Bake for 25-30 minutes.

*Makes 1 - 9 inch cobbler*



## ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

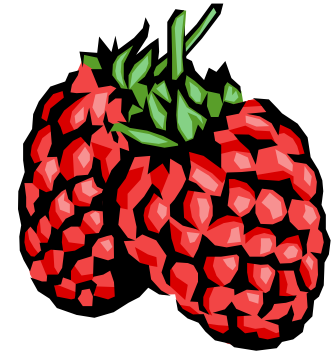
Senior FMNP: 1-800-422-3263

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WIC is an equal opportunity program.

Fresh-from-the-Farm:

## Raspberries



**Washington WIC &  
Senior Farmers  
Market Nutrition  
Program**

*Making it easier to add fresh  
fruits and vegetables to your  
diet, and support local farmers,  
too!*

## Selection & Preparation

- ◆ Choose plump, firm berries with a good dark red to maroon color.
- ◆ Avoid moldy, soft or leaky berries, and ones that do not hold their shape well and break apart easily.
- ◆ Keep raspberries refrigerated since they are very perishable. Best when used within 1 to 2 days.
- ◆ Wash berries just before using and remove stem caps.
- ◆ Raspberries can be eaten fresh or preserved for later by freezing, canning or drying.
- ◆ Freeze berries in a single layer on a baking sheet. After frozen place in a plastic freezer bag or container. Be sure to label and date the container.



## Nutrition Facts

Serving Size: 1/2 cup raspberries

Amount Per Serving

**Calories 30**

	% Daily Value
<b>Total Fat 0 g</b>	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
<b>Sodium 0 mg</b>	<b>0%</b>
<b>Total Carbohydrate 7 g</b>	<b>2%</b>
Dietary Fiber 4 g	<b>17%</b>
Sugars 3g	
<b>Protein 1 g</b>	
Vitamin A	<b>4%</b>
Vitamin C	<b>25%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>
Folate 16 mcg	<b>4%</b>
Potassium 93 mg	

## Key Nutrients

- ❖ **Fiber** - to prevent constipation, control blood sugar levels and fiber may lower blood cholesterol.
- ❖ **Vitamin C** - to support healthy gums, skin and blood.
- ❖ **Phytonutrients** in raspberries help to maintain memory function and may reduce the risk of certain cancers.



## Berry Smooth Shake



- 1/2 cup raspberries
- 1/2 cup low-fat milk
- 1/2 cup low-fat vanilla yogurt
- 1 tablespoon honey
- 1/2 banana

Place in blender and blend until smooth. Makes 1 3/4 cups.

## - Other Ideas -

- Crush berries with a little sweetener for a fresh and fruity pancake or waffle topping.
- Substitute raspberries for strawberries and have raspberry shortcake.
- Add to summer fruit salad.