

Whole Raspberries

Nutrition Facts

22 servings per container

Serving size 1/2 Cup (10g) Dry
(about 1/2 Cup prepared)

Amount per serving

Calories 40

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 5g **18%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 1mg **0%**

Iron 0mg **0%**

Potassium 15mg **0%**

Vitamin C 13mg **15%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Enjoy as a snack right out of the can or rehydrate to add to your favorite fruit salad, smoothie, trail mix, cereal, yogurt, muffins, desserts and more.

To Rehydrate:

1. Remove oxygen absorber and discard.
2. Cover Freeze Dried Whole Raspberries with warm water.
3. Let stand 5 to 10 minutes.
4. Drain excess water and serve.

Raspberry Jam Recipe *(keep refrigerated)*

Yield: Single batch.

1 Cup Augason Farms Freeze Dried Whole Raspberries

1/3 Cup Augason Farms White Granulated Sugar

Cover raspberries with water, let stand 5 to 10 minutes. Drain excess water. Combine fruit and sugar in a medium sauce pan, mix well. Bring to a boil. Reduce heat to medium and continue cooking until Jam reaches desired consistency, about 5 to 6 minutes, stirring frequently.

Raspberry Jam with Pectin *(keep refrigerated)*

1 Cup Augason Farms Freeze Dried Whole Raspberries

1 Cup water

1/3 Cup Augason Farms White Granulated Sugar

1 Tablespoons liquid pectin

In a medium sauce pan, cover raspberries with water. Add sugar to raspberries, stir well until sugar is dissolved. Slowly mix in liquid fruit pectin, stir well. Bring to a boil. Reduce heat to medium, continue cooking until Jam reaches desired consistency, about 10 minutes, stirring frequently. Allow to cool, refrigerate.

INGREDIENTS: Raspberries.