

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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INGREDIENTS: Freeze-dried raspberries.

TO REHYDRATE:

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

Raspberry Jam Recipe

1 cup Augason Farms Freeze-Dried Whole Raspberries

1/3 cup 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

1 cup Augason Farms Freeze-Dried Whole Raspberries

1 cup water

1/3 cup 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. Cool and store in refrigerator.