

2008 Raspberry Recipes


Berry Muffins



1/2 cup margarine, softened
1 cup sugar
1 cup milk
2 tsp grated lemon peel
1 tsp vanilla
2 eggs
2-1/4 cups flour
4 tsp baking powder
1/2 tsp salt
1/2 cup fresh or frozen blueberries/saskatoons
1/2 cup fresh or frozen raspberries

In a small bowl, whisk together margarine, sugar, milk, lemon peel, vanilla and eggs. In another bowl, mix flour, baking powder and salt until blended. Make a well in the centre of dry ingredients and add wet ingredients, stirring until just combined. Fold in berries. Preheat oven to 400°F. Divide batter in a prepared muffin pan. Bake for 20 minutes. Let sit for 10 minutes before removing from pan.

Raspberry Poppy Seed Dressing

6 tbsp red wine vinegar
1/2 cup + 2 tbsp sugar 
1 tsp salt
1 tsp ground mustard
1 cup vegetable oil
1 cup fresh or frozen raspberries (thawed)
1 tsp poppy seed

In blender, combine vinegar, sugar, salt and mustard. While processing, gradually add oil in a steady stream. Add raspberries, cover and process until blended. Stir in poppy seeds. Serve immediately. Refrigerate leftovers. Yield: 2 cups.

Triple Layer Breakfast Parfait



1 cup of fresh red or yellow raspberries
3 tbsp sugar
1 tbsp lemon juice
4 100g containers raspberry yogurt
2 cups prepared fruit of choice (raspberries, blueberries, strawberries)
1 cup roughly crumbled graham crackers

Blend raspberries, sugar and lemon juice in a processor. Refrigerate. Place a third of the yogurt in each cup or clear glass. Cover the yogurt with some fresh fruit and pour some of the raspberry mixture. Add the graham cracker crumbs and another third of the yogurt. Add remaining fruit and top with remaining yogurt.

Raspberry Smoothie



1/2 cup skim milk or soy beverage
1 6oz container low-fat raspberry yogurt
1/2 cup frozen raspberries
1 tsp whole, milled or ground flaxseed
1 tsp honey or sugar

Place milk, yogurt and frozen berries into a blender. Whirl on high, adding the flaxseed and honey as mixture is blending. Blend until smooth. Makes 1 serving.



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