RACHAEL THE RASPBERRY

Hello NOVEMBER

It's November and we are really excited to introduce our new Superhero Fruit of the month!

Can you guess who I am?

Who Am I?

- I am a small, round, red fruit made up of lots of tiny, juicy bubbles stuck together.
- I'm soft, sweet and sometimes a little bit sour.
- I am part of the Rose Family



Did You Know?

- Icome in different colours, mainly red, but also black, purple and even a yellow-ish colour
- Bees love me! They pollinate my seeds and help me to grow
- There are over 200 different types of raspberries grown all over the world
- I am made up of 100's of tiny fruits called 'drupelets', all stuck together
- People have been eating me for thousands of years

Where Can You Find Me?

- I can grow in Ireland and all over the world
- I grow best in a sunny planting site on a raspberry bush but I can also grow naturally along roadsides, walking trails and swamps.
- I am available in shops all year round but I taste the best between August-November
- The best way to store me is in a fridge, placed in a single layer on a plate or in a shallow bowl

Why You Should Eat Me?

First of all I taste delicious but best of all I help you grow big and strong!

- I provide ***Vitamin C*** which helps boosts your immune system and helps cuts heal
- I am high in ***fibre***. This helps you digest food
- I also supply you with folate. This helps my body cells grow
- I contain ***potassium*** which is important for my nerves and muscles

Fun Ways to Eat Me

- You can add me into your breakfasts such as your porridge or yoghurts

or

- You can mix me into your pancakes and other baked goods

or

- You can eat me as I am or blend me into a smoothie or a refreshing drink

Turn over for some cool recipes!



LOW PROTEIN RECIPES

RASPBERRY PANCAKES

(Entire recipe makes 5-6 pancakes)



Ingredients:

- 125 g Loprofin mix
- 140 ml ProZero Milk
- 1 teaspoon of oil
- 1/2 tsp vanilla essence
- 60g raspberries (1 cup)

Optional Extras:

- 1/2 Banana
- Lemon
- Honey

Method:

1. Add vanilla essence, oil and Prozero Milk and mix together
2. Place Fate cake mix in a bowl
3. Mix the vanilla, oil and Prozero Milk combination in to the cake mix with a whisk, leave for approximately 5 minutes
4. Heat pan, brush with oil
5. Using a blue scoop, place mixture onto the pan
6. Cook until firm, turn over and cook for about 4-5 minutes.
7. Top with the raspberries to serve.

Free of protein exchanges



