Hey Kids, get razzed about frozen raspberries!

Guess what I am? I’m red, sweet, and tart. I’m a member of the rose family. I’m perfect as a frozen treat.

I am a ____________________!

“I love frozen red raspberries! They contain more fiber than any other berry. What are your favorite healthy red fruits?”

Tom-Tom

Razzy Maze

Can you help Super Crew kid Tom-Tom navigate the maze to get to the frozen raspberries on the other side? Start Here.

“I get my powers from red foods! Did you know that frozen raspberries have lots of vitamin C?”

These fresh red raspberries are taken to a nearby freezer and are frozen with very cold air!

The National Processed Raspberry Council (NPRC) is administered by the USDA/AMS.
Nutrition ps + Tasty Ways to Eat Frozen Raspberries
ps for Feeding 4-6 Year Olds

• Switch It Up! They may not like a veggie cooked, but
love it raw in a tasty dip or dressing.
• Get Creative! Try adding spinach or butternut squash
to their favorite raspberry smoothie.
• Eat it Frozen! Kids love frozen corn, peas, and
raspberries right out of the freezer!

Why Frozen Raspberries?
1. Only the highest quality, ripest raspberries are selected for freezing.
2. When raspberries are flash-frozen, their nutrients are essentially “locked-in.”
3. You can find frozen raspberries in the freezer aisle of your supermarket any
time of year.

Hey Parents, get razzed about frozen raspberries!

Razzy Ranch

Ingredients:
• 1 cup Razz Crush
  (see instructions below)
• ½ cup mayonnaise
• ¼ cup low-fat or 2% milk
• ¼ cup low-fat or non-fat yogurt
• 2 Tbsp. parsley, chopped
• 2 Tbsp. green onion, chopped
• 1 clove garlic, finely minced
• 1 Tbsp. red wine or raspberry vinegar
• ½ tsp. kosher salt
• ¼ tsp. black pepper

Instructions:
1. Make Razz Crush by thawing a 12-ounce bag of frozen red raspberries on the counter for 30 minutes. Once thawed,
use a rolling pin to crush raspberries inside the sealed bag.
2. Mix all ingredients in a bowl and cover in the refrigerator until ready to serve.
Yields 2 cups. Makes 16 servings.

5 Ways To Enjoy Frozen Raspberries
1. In a smoothie bowl – a kid friendly dish that’s loaded with nutrients
2. As is! Frozen raspberries are nature’s perfect popsicle
3. On top of hot or cold cereal
4. Mashed in a peanut butter sandwich
5. In yogurt parfaits

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