



Local raspberry

Availability:
july to october

Benefits

→ **Because they're more than just good-tasting!**

They're also good for the environment... and even our economy! Raspberry (and strawberry) cultivation employs over 15,000 people in Quebec each year. What's more, the environmentally friendly growing methods of our local farmers reduce water use as well as the use of pesticides and herbicides.

→ **Because they're synonymous with sweetness and happiness!**

Raspberries are a deliciously tasty addition to many desserts and are also excellent in a coulis, syrup, jelly, jam, sherbet, and even wine.



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Raspberry cheesecake



PORTIONS: 1

5 MIN

Ingredients

- 1 low-fat graham cracker (about 16 g / ½ ounce)
- 30 ml (2 tbsp) ricotta cheese
- 30 ml (2 tbsp) plain Greek yogurt
- 5 ml (1 tsp) maple syrup
- 60 ml (¼ cup) strawberries, fresh or frozen (thawed)

Directions

- 1 Crumble the graham cracker in the bottom of a glass or small Mason jar.
- 2 In a small bowl, blend together the ricotta, yogurt and maple syrup. Pour over the cracker crumbs.
- 3 Top with whole or crushed strawberries.

Source : Julie Strecko, RD

Tip!

- Avoid washing raspberries under running water as they will become mushy and lose some of their taste. Wash them delicately and quickly just before eating them.



Waffles with raspberries and coulis



PORTIONS: 8 WAFFLES

10 MIN 10 TO 15 MIN

Ingredients

Coulis

- 500 ml (2 cups) raspberries
- 30 ml (2 tbsp) sugar or maple syrup

Waffles

- 250 ml (1 cup) flour
- 15 ml (1 tbsp) flax seeds
- 7.5 ml (1 ½ tsp) baking powder
- 37.5 ml (2 ½ tbsp) sugar
- 2.5 ml (½ tsp) salt
- 1.25 ml (¼ tsp) ground cinnamon
- 2 eggs
- 175 ml (¾ cup) milk
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) raspberries, halved

Directions

- 1 In a microwave-safe dish, mix together the sugar and raspberries. Cook 2 to 3 min. Purée and reserve.
- 2 For the waffles, mix together the dry ingredients in a bowl.
- 3 Add the eggs, milk, oil, vanilla and raspberries and mix well.
- 4 Cook the waffles (⅓ cup of dough) in a waffle iron or cook the mixture in a frying pan like pancakes.
- 5 Serve topped with the raspberry coulis.

Variation for the coulis: no-cook raspberry jam

- Crush 500 ml (2 cups) of raspberries using a fork.
- Add 30 ml (2 tbsp) maple syrup or sugar and 30 ml (2 tbsp) chia seeds. Mix.
- Let stand for 10 minutes, stirring occasionally so that the chia grains don't stick together.

Source : Julie Strecko, RD