



Local

PICK OF THE MONTH

March 2015

Flashy frozen marionberries

Recipe

Easy berry crisp

Ingredients

- 3 cups frozen marionberries
- 2 tbsp. Lemon Juice
- 1 tbsp. Corn Starch
- 3/4 cup oats
- 2 graham cracker sheets
- 2 tsp. cinnamon

Directions

Prepare a 9x9-inch baking pan.

In a bowl, mix berries, lemon juice, corn starch and 1 tsp cinnamon. Pour berry mixture into the 9x9-inch pan.

In a small bowl, crush graham crackers. Mix in oats and remaining cinnamon.

Pour over top of berry mixture.

Bake at 375 degrees for 20-25 minutes.

Yields 6 servings.

Nutrition information per serving:

90 calories, 1g fat, 18g carbohydrates, 2g protein, 3g fiber

Recipe created by Athena Nofziger, RD, LD, CHC, dietitian at Samaritan Lebanon Community Hospital

What's so great about frozen marionberries?

- Great source of fiber
- Good source of antioxidants, which can prevent cancer
- Sweet taste but low in carbohydrates
- Fresh summer berries can be frozen to enjoy year-round
- Wide variety to enjoy: Blueberries, marionberries, raspberries, strawberries



What's the best way to eat it?

- Pop them into your mouth, frozen!
- Use in fruit smoothies, or mix with yogurt
- Add to oatmeal or cold cereal
- Make fruit leather for a healthy snack
- Make a berry kabob and freeze for a delicious sweet treat

Freezing berries

<p>Step 1</p> <p>Pick berries that are plump and full of color. Gently wash berries except for strawberries.</p>	<p>Step 2</p> <p>Drain berries to dry.</p>
<p>Step 3</p> <p>Spread berries onto a flat baking sheet and freeze.</p>	<p>Step 4</p> <p>Bag the berries, remove the air and label them.</p>



Building healthier communities together



Check your local grocery store for frozen marionberries today.