

# Oregon Red Raspberries



## Red Raspberries

- ◆ Fresh season typically June 15<sup>th</sup> through July 20<sup>th</sup>
- ◆ Medium-sized (3.0 –5.0 g) red berry with a small seed and a hollow core.
- ◆ High in ellagic acid, a known chemopreventative
- ◆ Seed oil has a natural sun protection factor (SPF) of 25 - 50

## Health Benefits

- ◆ Contain high amount of polyphenolic compounds known for their anti-cancer properties.
- ◆ Contain strong antioxidants such as Vitamin C, quercetin and gallic acid that fight against cancer, heart and circulatory disease and age-related mental decline.
- ◆ Have high ORAC levels – ORAC measures the antioxidant levels of a substance. Red Raspberry ORAC levels at 24  $\mu$ mole/TE/g, equal to blueberries which are known for their high antioxidant levels.
- ◆ Shown to inhibit the production of COX-I and COX-II enzymes. Anti-inflammatory products like ibuprofen and aspirin inhibit COX-I and COX-II, resulting in the reduction of pain associated with arthritis, gout and other inflammatory conditions.
- ◆ Consumption of whole berries has been shown in scientific studies to be more beneficial than taking the individual phytochemicals in the form of dietary supplements.
- ◆ Seed oil is creating interest in the cosmeceutical (skin care products which provide health benefits) market. Oil from raspberry seeds is rich in Vitamin E, omega-3 fatty acids and has a sun protection factor (SPF) of 25-50.
- ◆ Red raspberry ketones are currently being used in Japan as a weight loss supplement in a pill form and as an external patch.

### Nutritional Information

*For 1 cup of red raspberries*

<b>Calories</b>	60.00
<b>Total fat</b>	1.00 g
<b>Protein</b>	1.00 g
<b>Dietary Fiber</b>	8.4 g
<b>Vitamin A</b>	160.00IU
<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	27.00mg
<b>Cholesterol</b>	0.00



# Recipe



## Cran-raspberry Cheesecake

Serves 12

**Crust**                    1 3/4 cups crushed vanilla wafers (about 3/4 of a 12 oz box)  
3 tablespoons chopped almonds  
1/4 cup butter or margarine, melted

**Cheesecake**            1 1/2 cups fresh or frozen red raspberries  
24 oz. low fat cream cheese  
3/4 cup sugar  
5 teaspoons cornstarch  
4 eggs  
1 tablespoon finely shredded lemon peel  
1 teaspoon vanilla extract

**Glaze**                    1 cup fresh or frozen red raspberries  
1/2 cup frozen cranberry raspberry juice cocktail, thawed  
2 teaspoons lemon juice  
2 teaspoons cornstarch

### **Crust**

In a small bowl combine crushed wafers and almonds. Add in melted butter or margarine and mix until thoroughly combined. Using a rubber spatula, press mixture evenly on to the bottom of a greased 9 inch spring form pan. Set aside.

### **Cheesecake**

If using frozen berries, thaw and drain red raspberries by spreading on 4 layers of paper towels placed on a plate or cookie sheet. Set aside.

In a large bowl, combine cream cheese, sugar and cornstarch. With electric mixer on medium speed, beat until smooth. Reduce mixer speed to low, and add eggs, one at a time, beating after each addition just until incorporated. Stir in lemon peel and vanilla extract. Set aside.

Place (thawed) red raspberries evenly on crust, leaving a 1" margin around edge. (To create an attractive, evenly colored crust, avoid placing berries closer to the edge than this specified margin.) Pour cream cheese mixture over berries and crust.

Bake at 350°F for 15 minutes. Lower temperature to 225°F and bake for 70 minutes, or until center no longer looks wet or shiny. Turn off oven. Remove cheesecake from oven and run a knife carefully around inside edge of pan. Return pan to warm oven for one hour. Chill while glaze is made. (Cake may be frozen at this point.)

### **Glaze**

In a small saucepan, combine 1/4 cup concentrate, 2 teaspoons lemon juice and 1 cup red raspberries. Heat slowly until steam rises from top and berries are soft. Do not boil. Remove from heat and strain through a fine sieve to remove seeds. Return to saucepan.

Combine remaining 1/4 cup concentrate with cornstarch, and stir until dissolved. Add to raspberry/lemon juice mixture and cook over low heat until slightly thickened. Cool to room temperature. Glaze cheesecake and chill, uncovered, until serving time.