



HEALTHY WAYS RAISINS

Fun Facts!

- Raisins contain magnesium, which is beneficial for heart health as well as healthy nerve and muscle function,
- High in dietary fiber
- Throw them in oatmeal, baked goods, coleslaw, and salad!

Storage

- Keep in an air tight container or zip lock bag and keep in a cool, dark place like a cabinet or pantry.
- Last for about a month

If you have them for longer, you can keep them in the fridge for 6 months-1 year

How to revive dried up raisins

- Soak them in boiling water for 10-15 minutes for them to plump back up
- Put raisins in a bowl with a few tablespoons of water and put them in the microwave for 13-15 seconds. Strain out the water and let them sit till they cool down

RECIPES

Oatmeal Raisin Cookies

Ingredients:

1/2 cup unsweetened applesauce

2 tbsp maple syrup

1/4 cup creamy peanut butter

1/2 tsp cinnamon

1 cup rolled oats

1/4 cup raisins plus additional for topping

Directions:

1. Preheat oven to 350F. Line a large baking sheet with parchment paper.
2. In a large bowl, add peanut butter, applesauce, syrup and cinnamon. Stir until completely blended and everything is evenly mixed.
3. Stir in oats until all oats are completely coated. Stir in raisins until they are evenly coated.
4. Scoop cookie dough and place onto prepared baking sheet, spacing cookies 2 inches apart.
5. Using the palm of your hand, press down on cookie balls so that they become flat and round and about 1/3 inch thick. The cookies will not spread when baking so you want to shape the dough to be what you want the outcome of the cookies to look like. Add a few more raisins on top of each cookie, pressing them gently into the surface. You can also add other dried fruits like dried cranberries or blueberries.
6. Bake cookies for about 10-12 minutes or until oats are cooked and cookies look baked. Remove cookies from oven and let them cool completely before removing them from the cookie sheet.



MAKE IT A MEAL:

RECIPES

Mixed Roasted Vegetables and Raisins

Ingredients:

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| 1 bunch fresh or frozen broccoli cut into pieces | 1 tsp salt |
| 1 cup carrots sliced | 1/2 tsp black pepper |
| 1/2 red onion sliced into .5-1 inch pieces | 2 tbsp Italian seasoning (optional) |
| 1 1/2 tsp minced garlic | 1 cup rice/quinoa (optional) |
| 1/4 cup raisins | 2-3 tbsp drizzled olive oil |

Directions:

1. Preheat oven to 425 degrees
2. In a large bowl toss in all of the veggies, olive oil, raisins, and seasonings until well combined.
3. Arrange veggies evenly in a baking pan and place in oven for 20 minutes, stirring halfway through.
4. Once done cooking, remove from oven and serve over rice or quinoa.

Healthy Oatmeal Raisin Breakfast Bars

Ingredients:

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| 1 1/2 cups oats | 2 bananas, mashed |
| 1 1/2 cups whole wheat flour | 2 large eggs |
| 1 teaspoon baking soda | 1/2 cup honey |
| 1/4 teaspoon salt | 1 teaspoon pure vanilla extract |
| 1 teaspoon ground cinnamon | 1 cup raisins |
| 1/2 cup unsweetened shredded coconut (optional) | |

Directions:

1. Preheat the oven to 350 degrees F and line an 8x8 or 9x9 pan with parchment paper.
2. In a large bowl, mash the bananas then add the eggs, honey and vanilla. Stir until combined.
3. Next, add the oats, flour, baking soda, salt and cinnamon. Mix until combined.
4. Lastly, add the raisins and coconut (optional).
5. Pour into prepared pan and bake for 20 minutes. Enjoy warm or at room temperature.

Moroccan Carrot Salad

Ingredients:

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| 6 medium carrots | 1 teaspoon curry powder |
| 1/2 small onion | 1/2 teaspoon salt |
| 1 large lemon | 1/4 tsp ground black pepper |
| 3 Tablespoons canola oil | 1/4 cup dark or golden raisins |

Directions:

1. Rinse and peel carrots and onion.
2. Shred carrots with a grater. Dice onion.
3. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
4. In a medium bowl, combine carrots and onions.
5. In a second small bowl, combine oil, curry powder, salt, pepper, and 2 tbsp of the lemon juice. Mix well. Let marinate for 5 minutes.
6. Pour liquid mixture over carrots and onions. Stir in raisins. Mix well.