



22
SERVINGS



SHELF LIFE UP TO
30 YEARS

Certified



Gluten-Free

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Freeze Dried Whole Raspberries

Nutrition Facts

Serving Size: 1/2 Cup (10g dry)
Servings Per Container: 22

| Amount Per Serving | | Calories 35 | | Calories from Fat 0 | |
|--|-----------|------------------|---------|---------------------|--|
| | | % Daily Value* | | | |
| Total Fat | 0g | | | 0% | |
| Saturated Fat | 0g | | | 0% | |
| Trans Fat | 0g | | | | |
| Cholesterol | 0mg | | | 0% | |
| Sodium | 0mg | | | 0% | |
| Total Carbohydrate | 8g | | | 3% | |
| Dietary Fiber | 2g | | | 9% | |
| Sugars | 4g | | | | |
| Protein | 1g | | | | |
| Vitamin A | 2% | Vitamin C | 20% | | |
| Calcium | 2% | Iron | 4% | | |
| *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | | | |
| | | Calories | 2,000 | 2,500 | |
| Total Fat | Less than | 65g | 80g | | |
| Sat Fat | Less than | 20g | 25g | | |
| Cholesterol | Less than | 300mg | 300mg | | |
| Sodium | Less than | 2400mg | 2400mg | | |
| Total Carbohydrate | | 300g | 375g | | |
| Dietary Fiber | | 25g | 30g | | |
| Calories per gram: | | Fat 9 | Carbs 4 | Protein 4 | |

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DIRECTIONS:

Yield: 1/2 cup of whole raspberries.

1. Mix 1/2 cup raspberries to 1 cup of warm water.
2. Let stand for 5 minutes.
3. Serve.

Use: As a snack, in desserts, fruit smoothies, etc.

Jam Recipe (keep refrigerated)

Yield: Single batch.

- 1 cup of freeze dried raspberries
- 1/3 cup of sugar
- 2 Tablespoons of Ultimate Gel

Cover raspberries with water. Add sugar to raspberries and stir well until sugar is dissolved. Slowly sprinkle Ultimate Gel while stirring to prevent lumps. May add additional water to desired consistency.

INGREDIENTS: Freeze dried raspberries.