



Frosty Frozen Berries

THE ORGANIC BOX NEWS

Issue #81, January 17, 2012



Our individually frozen raspberries are hand picked locally, at Roy's Raspberries near Spruce Grove. Even though it is mid winter and the ice and snow surround

us, our frozen raspberries remind us of the summer months!

We also have awesome frozen strawberries from Shady Lanes near Lac La Biche. Also individually frozen, the flavour of summer is still intact and we are so pleased to have these berries available for you to enjoy.

Refresh and nourish yourself each morning with a delicious frozen smoothie or homebaked muffins. My children love the wholesome taste of these yogurt muffins. Some suggestions to make them extra healthy:

- Replace white flour with whole wheat flour
- Use organic cane sugar rather than white
- Use whole milk yogurt for extra nutrition

Raspberry Frozen Smoothie

1 frozen banana
½ cup frozen raspberries
1 cup orange juice/milk/non-dairy milk
1 T green powder/hemp protein powder
1 tsp vanilla extract
½ cup yogurt (your choice)



Blend ingredients until smooth and serve immediately

Raspberry Yogurt Muffins

By Lvs2Cook on July 18, 2005

Ingredients

- 2 cups flour
- 1/3 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup orange juice
- 2 tablespoons oil
- 1/2 teaspoon almond extract
- 1 (8 ounce) containers nonfat vanilla yogurt
- 1 eggs
- 1 cup fresh raspberries or 1 cup frozen raspberries



Directions

1. Line a 12-cup muffin tin with paper liners. Preheat oven to 400°.
2. In a large bowl combine flour, sugar, baking powder, baking soda and salt. Mix well.
3. In another bowl, whisk together orange juice, oil, almond extract, yogurt and egg. Add to dry ingredients and stir just until moistened. Fold in berries.
4. Spoon into muffin cups. Bake at 400° for about 20 minutes, or until golden.

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