

Frozen berries: Just as flavorful at a better price

February 4 2019, by Len Canter, Healthday Reporter



(HealthDay)—For nutrient-dense foods that are low in calories, it's hard

to beat berries. But it's also hard to pay what they cost out of season.

Frozen berries are a healthy freezer staple that taste as good as fresh, and are a lot more budget-friendly.

Raspberries, strawberries, blueberries, blackberries and cranberries (they're not just for [cranberry sauce](#)) are all superfoods—low in calories and high in fiber, vitamins and powerful antioxidants, which give them their brilliant colors.

Berries defrost in minutes and make a great topping for yogurt and oatmeal, and the perfect base for smoothies (toss them into the blender without defrosting).

They're also excellent for making sweet treats, like these fast raspberry chocolate fudge pops, a lower-sugar version of the frosty indulgence. If you don't have a set of ice-pop molds, almost any shape of silicone mold with a half-cup capacity will work. Or simply use small paper cups.

Raspberry Fudge Pops

- 2 cups water
- 1/2 cup unsweetened cocoa powder
- 1/4 cup sugar
- 1/4 cup Stevia or other sugar-free sweetener
- 1 teaspoon vanilla extract
- 1 cup frozen [raspberries](#), divided
- 1 tablespoon slivered almonds, optional

In a large saucepan, combine water, cocoa powder and both sweeteners. Stir with a large whisk to dissolve the [cocoa](#) as you bring the mixture to a boil. Lower the heat and simmer two to three minutes until smooth and thick. Next stir in the vanilla and half of the frozen raspberries. Remove

from the heat.

Divide the remaining raspberries among six ice-pop molds, and then fill them with the chocolate mixture. Freeze four hours or more. To serve, unmold and, for extra crunch, sprinkle with almonds if desired.

Yield: 6 pops

More information: Fruits & Veggies More Matters has more [frozen fruit recipes](#) and tips.

Copyright © 2019 [HealthDay](#). All rights reserved.

Citation: Frozen berries: Just as flavorful at a better price (2019, February 4) retrieved 19 April 2024 from <https://medicalxpress.com/news/2019-02-frozen-berries-flavorful-price.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.