



Delicious Ways To Eat

Raspberries In Pregnancy



Thoroughly wash and enjoy a handful of fresh raspberries as a snack.



Add some fresh raspberries to your fruit or green salad.



Make your raspberry jam by cooking raspberries with sugar/jaggery.



Mix pureed raspberries with sugar and lemon juice to make a sweet and tangy sauce.



Blend it with milk or yogurt, and add fruits and nuts (if you like) to make a delicious smoothie



Add fresh raspberries to your breakfast cereal and yogurt.