4 Healthy Raspberry Recipes

Shifting your diet to something a lot healthier can be a bit of a struggle. After years of eating whatever you want, whenever you want it you’ll find that shaking off this habit is not as easy as you might think. Plus many people are under the impression they have to give up flavor when they start eating healthy. The simple fact is that isn’t true.

One way to help you get started is to eat more fruits and vegetables. They are loaded with benefits. Take the raspberry for example. This small berry is bursting with a tart, sometimes-sweet taste and it can be added to different recipes.

Aside from being a yummy summer treat, raspberries are incredibly good for your health. When you use this berry try ideas that aren’t going to include adding tons of calories or fat to them.

Need some ideas on how you can do this? Take a look at the recipes below and then try one today:

Top Your Desserts With Raspberry

Topping your yogurt with raspberries as a dessert is a healthier alternative to topping them on ice cream.

Yogurt might not be thought of as a dessert, but it definitely can be. It is sweet and if you use greek yogurt you’ll also get thick and creamy.

If you’ve got a food processor some of them will make a soft serve yogurt that is like ice cream. By using your food processor you’ve created a healthy dessert.

Craving Salad? Why Not a Raspberry Vinaigrette

Contrary to popular belief, raspberries aren't simply for desserts. There are ways to use this versatile fruit into all your other meals. For instance, you can make a raspberry vinaigrette with six ingredients or less.

Combine raspberries, sugar, balsamic vinegar, olive oil, honey and salt and then shake. Most of these ingredients you probably already have in your pantry, so take them and make a delicious and guilt-free dressing for your salad.

Low-Calorie Raspberry Cocktail for a Chill Weeknight At Home

It is easy to believe that drinks do not contain as much calories as food. This couldn’t be further from the truth and the glasses that are used are often two or three servings.

When you go to a get together or just want a drink at home - why not indulge in a French Kiss Cocktail. This drink starts with champagne, then you add raspberries, mint leaves, lemon and vodka.

Two Words: Raspberry Salsa

Do you need a healthy option for sauces? Raspberry Salsa can do the trick. It is sweet with a hint of spicy. You can add it to pork, use it as a dip with crackers or try it on meatloaf. Think outside the box.

Here is a recipe you can try on All Recipes

<http://allrecipes.com/recipe/24906/raspberry-salsa/>

When you make this recipe just remember that the longer you let it sit and the ingredients mix together the better the flavor.

Adding more raspberries to your diet doesn’t have to mean you can only eat them in handfuls. They have so many more uses in your cooking. Look online for other raspberry and fruit recipes and you might be surprised by what you’ll find.