

## Cooking with Raisins



Raisins are grapes that have been dried. They are a low-fat source of energy.

A serving size is  $\frac{1}{4}$  cup. This is about the size of a large egg.

### Uses

Raisins are a great-tasting fruit snack. Add them to cooked oatmeal, cookies, breads and cakes for added flavor and nutrition.

**Note:** Young children easily choke on raisins. It is best if you do not to give raisins to children under 3 years old.

### How to store them

For best quality, store unopened boxes of raisins in a cool, dry place. Once opened, store raisins in an airtight container in the refrigerator to prevent moisture from spoiling the raisins.

Use raisins within 6 months of receipt.

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### Easy Carrot and Raisin Salad (makes 6 servings)

#### What you need

- 2 cups grated carrots
- $\frac{1}{2}$  cup raisins
- $\frac{1}{3}$  cup mayonnaise-type salad dressing
- Salt and pepper (if you like)

#### How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Place the raisins in a bowl of hot water for 15 minutes to soften them.
3. Drain the raisins.
4. Stir together the carrots, raisins, salad dressing, salt and pepper.
5. Chill it about 15 minutes before serving.

**Note:** Be sure to wash the carrots before you grate them.

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### Oatmeal Raisin Muffins (makes 12 muffins)

#### What you need

- $1\frac{1}{4}$  cups all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon cinnamon
- 1 cup uncooked oatmeal
- 1 cup skim milk
- $\frac{1}{3}$  cup brown sugar, packed
- 1 egg
- $\frac{1}{4}$  cup vegetable oil
- $\frac{1}{3}$  cup applesauce
- $1\frac{1}{4}$  cup raisins, unpacked

#### How to make it

1. Wash your hands; make sure the cooking area is clean.
2. Mix the flour, baking powder, baking soda, salt and cinnamon in a large bowl. Set it aside.
3. Stir in the oatmeal, milk, sugar, egg, oil, applesauce and raisins; mix it until the ingredients are moist.
4. Spoon the mixture into a greased muffin tin until it is  $\frac{2}{3}$  full.
5. Bake the muffins at 350 degrees F for 25 minutes or until a toothpick inserted into a muffin comes out clean.

**Tip:** To measure packed brown sugar, spoon or scoop it into a dry measuring cup. Pack it down firmly with a spatula or spoon until level. Brown sugar should hold its shape when removed from the cup.

Prepared by Jenna Anding, Assistant professor and Extension Nutrition Specialist, The Texas A&M University System.

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