



LUXURY OF FREEDOM

Benefits of Tayberries



Tayberries are a cross between blackberries and raspberries. Known to be very fragrant and soft berries, they are most popularly used for making jams, but are also delicious to eat fresh on their own or swirled into a smoothie. The berry is high in vitamin C and bioflavonoids, read on to learn more and create your own recipe from our BIG BERRY garden...

Vitamin Bomb

This interesting two-in-one fruit offers a number of health benefits due to its high amounts of vitamin C, bioflavonoids, folate, and fiber. Folate is necessary for the production and maintenance of new cells. This is especially important during periods of rapid cell division and growth such as infancy and pregnancy. Folate is needed to make DNA and RNA, the building blocks of cells. It also helps prevent changes to DNA that may lead to cancer.

Anti-Aging Properties

The amount of vitamin C present in the Tayberry helps to defeat the havoc that free radicals can cause to the body; especially on the skin. The berry has very power anti-aging properties and is also a great source for healing wounds and repairing cell damage.

Home Remedy

The past of Tayberries is known to provide the cells and follicles with an abundance of antioxidants and vitamins, leading to much healthier skin and hair. To help with hair growth, and bring new life and glow to the skin, help yourself to a couple of berries from our BIG BERRY garden.



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Below we offer a delicious recipe with the added health benefit of a tart cell boosting treat. Enjoy your Tayberries!

Hey Hey Tayberry Tart

Ingredients:

- 3 large egg yolks
- $\frac{3}{4}$ cup heavy cream
- 2 tablespoons granulated sugar (the original recipe called for 3 Tbsps)
- 1 Pate Sablee shell, pre-baked
- 1 pint of fresh tayberries (I ended up with slightly less because I couldn't resist snacking)
- 2 teaspoons confectioners' sugar

1. Preheat the oven to 375 F
2. In a large bowl first whisk the egg yolks then add the heavy cream and granulated sugar; mix until well blended. Pour the mixture into the cooled pastry shell.
3. Arrange the berries on top of the cream. Get fun! Doesn't have to be perfect ☺
4. Place in the center of the oven and bake just until the cream filling begins to set, about 15 minutes. Dust with confectioners' sugar. Allow to cool thoroughly before serving.

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