

Benefits of Raspberries



Raspberries are one of our favorite berries, they are delicious and very rich in vitamin C, folic acid and anthocyanins.

Detoxify your body and prevent oxidation

A cup of raspberries provides almost the daily needs of vitamin C, which has a powerful antioxidant function neutralizing the negative influence of free radicals, preventing diseases related to degenerative processes, like eye diseases and even cancer. Also, eating raspberries will help to detoxify your body.

Improve your heart health

Raspberries are very rich in anthocyanins, which prevents hypertension and cardiovascular diseases by promoting capillary resistance. This also has an effect in cicatrizing of wounds, and prevents problems of excessive bleeding, such as nosebleed, excessive menstruations and strokes. Also the intake of raspberries in our diet increases our iron absorptive capacity, reducing the symptoms of anemia.

Recommended for pregnant woman

Raspberries have a high amount of folic acid (vitamin B9), this vitamin is needed for the cellular formation of proteins and other processes in cellular division. Therefore, this vitamin will help to avoid problems of bad formation or incorrect growth in the fetus. Folic acid is destroyed when we cook food, so try to eat the berries in the most natural way, eat raw berries!!

In addition, raspberry leaf tea helps to relax the uterus and also prevents nausea during pregnancy.

This week's BIG BERRY Recipe

Below you can find the recipe to make your own muesli with juicy raspberries for a wholly satisfying and healthy breakfast to keep you going through the day.

Ingredients:

- 2x 125g punnets raspberries
- 225g porridge oat, jumbo ones give a good texture
- 125ml freshly squeezed orange juice
- 2 red or pink dessert apples
- 225ml natural yogurt
- 3 tbsp clear honey
- finely grated zest of 1 lemon
- 50g hazelnuts in their skins, lightly toasted and coarsely chopped single cream, to serve (optional)

Preparation:

Step 1: Mix oats, orange juice and 300ml/½ pint cold water in a bowl. Cover with cling film and leave in the fridge overnight.

Step 2: The next morning, stir in the yogurt, honey and lemon zest. Quarter and core the apples, grate them in and stir well. Spoon into bowls and top with raspberries and toasted hazelnuts. Pour on a little single cream, if you like.

The raspberry muesli is so fruity and yummy for you to start an energetic day!

