



LUXURY OF FREEDOM

Benefits of Blackberries



Blackberries are delicious berries that we can find in thorny bushes from the Rosaceae family. Be careful when you pick them.

Antioxidant

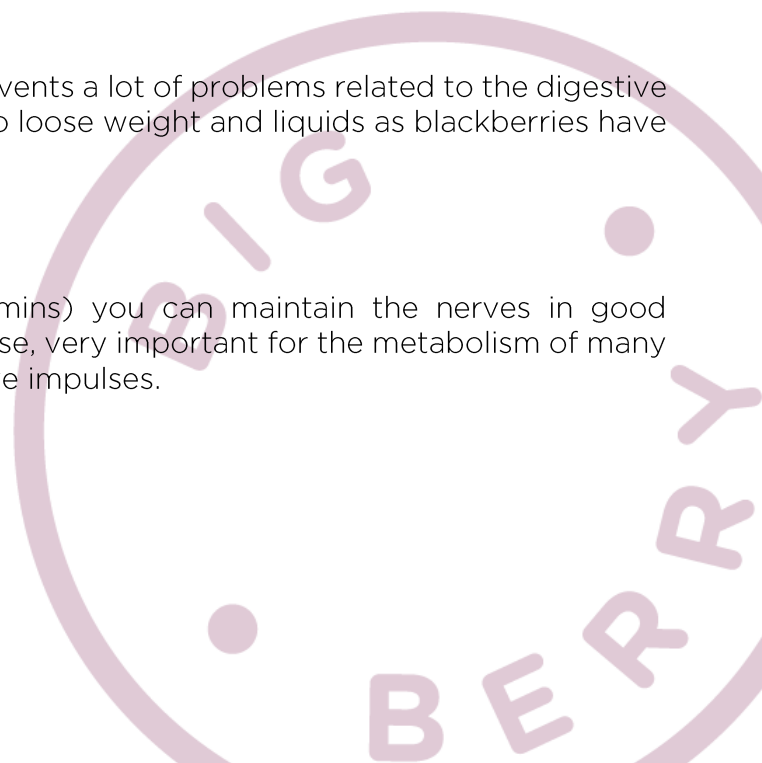
These berries are very rich in vitamin C, betacarotenes and flavonoids, powerful antioxidants that neutralize the negative influence of free radicals, preventing diseases related to degenerative processes. Take in account that the wild berries have much more quantity of nutrients, then if you have the chance... better picking than buying!

Have good digestions

Blackberries have high amounts of fiber, which prevents a lot of problems related to the digestive system, like constipation. Also, they will help you to loose weight and liquids as blackberries have diuretic properties thanks to its content in arbutin.

For a healthy nervous system

Thanks to niacin, thiamin and rivoflavin (B vitamins) you can maintain the nerves in good condition. Also blackberries have a lot of manganese, very important for the metabolism of many vitamins with relevance in the transmission of nerve impulses.





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This week's BIG BERRY Recipe

Below you can find a healthy ice cream pie recipe, in which crumbled gingersnaps make an easy and tasty crust, blended with the juicy blackberry and lemon filling made with nonfat vanilla Greek yogurt.

Ingredients:

CRUST

- 2 cups coarsely crumbled gingersnap cookies
- 3 tablespoons canola oil

FILLING & TOPPING

- 3/4 cup heavy cream
- 1/3 cup sugar
- 1 cup nonfat vanilla Greek yogurt
- 3 cups blackberries, divided
- 2 teaspoons lemon zest

Preparation

Preparing the crust:

Step 1: Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray.

Step 2: Process cookies in a food processor until finely ground. Add oil and process until well combined. Using your fingertips or the back of a spoon, press the crumb mixture into the bottom and up the sides of the prepared pan.

Step 3: Bake until just set, 10 to 12 minutes. Transfer to a wire rack to cool.

Preparing the filling:

Step 1: Whip cream in a medium bowl with an electric mixer until starting to thicken. Add sugar and continue whipping until stiff peaks form. Gently fold in yogurt.

Step 2: Clean out the bowl of the food processor and puree 2 cups blackberries. Pour the puree through a sieve into the yogurt-cream mixture, pressing on the solids to strain out as much of the puree as possible. Add lemon zest and gently fold the flavorings into the yogurt-cream mixture.

Step 3: Spread the flavored yogurt-cream mixture into the cooled crust. Top with the remaining 1 cup blackberries. Freeze until very firm, at least 5 hours.

To serve, let the pie stand at room temperature until softened slightly, about 15 minutes, before slicing. And you have a tasty pie for dessert!



Source: EatingWell.com