



LUXURY OF FREEDOM

## Benefits of Lingonberries



Lingonberries are an anti-inflammatory gold-mine of a fruit. Continue on to learn more about all the health benefits these bright berries bring and create your own recipe from our BIG BERRY garden.

### It's A Super Food

In folk medicine, lingonberries and cowberries have been used as a natural remedy for the pain and inflammation associated with rheumatoid arthritis. Scientific studies have proven that lingonberries contain *compounds* that have anti-inflammatory properties. Lingonberries have been shown to exert inhibitory activity against several types of cancer cells, including leukemia, colon, and cervical cancer cells. While it is not uncommon for berries to demonstrate anti-cancer activity, the procyanidins that are responsible for the antiproliferative effects of lingonberries and cowberries do not appear to be responsible for the antiproliferative effects of many other berries.

### Keep A Healthy Mouth

Lingonberries are an excellent dietary source of quercetin, a potent anti-inflammatory compound. But in the context of oral health, the benefits of lingonberries may be much broader. A study published in the February 2001 issue of the *Journal of Pharmacy and Pharmacology* found that a tannin extracted from lingonberries had strong antimicrobial activity against *Porphyromonas gingivalis* and *Prevotella intermedia*, two bacteria that have been implicated in periodontal diseases.

### Spot Control

In Dr. Oz's anti-aging guide for 2014, the leaves of the Common Bearberry (*Arctostaphylos uva-ursi*) were singled out as a remedy for age spots and hyperpigmentation due to the arbutin they contain. Arbutin is a phytochemical that has been shown to inactivate tyrosinase, an enzyme that is responsible for skin pigmentation. Here's to nice skin!



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Below we offer a delicious recipe with the added health benefit of a tart metabolism boosting treat. Enjoy Gooseberries tonight!

### Banana Ice Cream with Lingonberries & Caramel Sauce

Ingredients:

- 3 ripe bananas frozen
- 1 jar coconut cream
- 5 ounces of Lingonberries
- 1 teaspoon vanilla powder
- 3 tablespoons maple syrup alt any sweetening

#### *Caramel Sauce*

- 1.5 cup soaked walnuts
- 1.5 cup soaked dates
- 1.5 cup real maple syrup

Place the coconut milk, bowl and beaters that you will use in the freezer for at least 1 hour. Remove the coconut milk from the freezer, scoop out the thick and creamy coconut cream and make sure you leave the coconut water that is left over.

Whisk or beat the coconut cream until it becomes delightfully fluffy and flavor with vanilla powder and maple syrup. Set in the fridge again. Mix walnuts, dates and maple syrup in a food processor / blender to a caramel sauce.

Run the frozen bananas in a food processor or blender until they are pureed. Carefully pour the frozen bananas into the coconut cream. Pour quickly a third of the ice cream into the form of your choice, add a layer of caramel sauce and frozen lingonberries. Repeat the procedure until all the ice cream is in shape. Stir gently around 1-2 grams so that caramel sauce and lingonberries blend smoothly. Serve immediately, or set the ice cream in the freezer. (Pot for at least 45-60 minutes in this case)

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