



LUXURY OF FREEDOM

Benefits of Serviceberry

Serviceberry bushes grow wildly in the higher elevations of North America. They are being used by the natives for ages as a food for purifying and giving strength.

Antioxidant

Thanks to the great amount of different antioxidants serviceberries contain they have the ability to regulate blood pressure, help to prevent DNA damage caused by oxidant radicals and slow the aging processes.

Furthermore, the action of the high amount of polyphenols and flavonoids combined in the serviceberries help to prevent a lot of cardiovascular diseases, strokes and even cancer.



Natural painkiller!

Thanks to vitamin C and an enzyme which inhibits the cyclo-oxygenase (which causes inflammation and pain) we can use these fresh berries as natural painkillers.

Superfood! Tons of vitamins, minerals and fiber for your diet

Serviceberries contain lots of vitamins A & C as a great antioxidants. Vitamin K for blood clotting, Vitamin E for sexual health and good skin, B Vitamins for good mood and vitality, iron for anemia, calcium for strong bones, fiber for colon health promoting probiotic bacteria... and magnesium and manganese for enzyme production and immunity.





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BIG BERRY Recipe

This delicious pie that gets its rich red color and juiciness from the rhubarb and delicious flavor from serviceberry is one of our favourites



Serviceberry Rhubarb Pie

Ingredients

- 2 (15 ounce) packages refrigerated pie crusts
- 2 cups chopped rhubarb
- 1/2 cup white sugar
- 1/4 cup cornstarch
- 2 tablespoons lemon juice
- 1 cup white sugar
- 4 cups fresh serviceberries

Instructions

Step 1: Preheat the oven to 400 degrees F (200 degrees C). Press two of the pie crusts into the bottom and up the sides of two 8 inch pie plates.

Step 2: In a microwave-safe dish, combine the rhubarb and 1/2 cup of sugar. Heat at full power in the microwave until rhubarb is soft and juice is pooling in the bottom of the dish, 4 to 5 minutes. Drain off the juice into a measuring cup and add enough water to make 2 cups. Dissolve the cornstarch in the liquid.

Step 3: In a saucepan, stir together the 2 cups of liquid, lemon juice and remaining 1 cup of sugar. Add the saskatoon berries and rhubarb; cook over medium-high heat until thick and bubbling, about 5 minutes. Pour into the two pie crusts. Top with the remaining crusts and cut holes in the top to vent steam. Pinch the edges together to seal.

Step 4: Bake for 15 minutes in the preheated oven, then reduce the temperature to 350 degrees F (175 degrees C). Bake until crust is golden brown and filling is bubbling, about 30 more minutes.

Source: allrecipes.com