



LUXURY OF FREEDOM

## Benefits of Red Currents



Red Currents are essential for the upkeep of your immune system, skin care, and digestive health. Here at BIG BERRY you can pick them fresh from our garden and see for yourself!

### Low Glycemic Index

The glycemic index (GI) ranks food and drinks based on their blood sugar increase potential. Foods high on the glycemic index, like white rice and white bread, will break down easily and cause blood sugar and insulin level spikes after meals, which is followed by rapidly dropping blood sugar levels. The sugar from the redcurrant is slowly absorbed into the bloodstream, which prevents sugar crashes, sugar cravings, and mood swings.

### Fight Infections

One cup of redcurrants contains 77 percent of the vitamin C daily requirements. Vitamin C is a potent natural water-soluble antioxidant that helps the body develop resistance against infectious agents and eliminates cancer-causing free radicals in the body.

### Great for hair and skin

Adequate vitamin C intake does not only improve the immune system, can also create and maintain collagen, an essential protein found in hair and skin.

### Improve Digestive Health

Packed into these little red berries is a fairly large dose of fiber content. Fiber is an essential part of a balanced diet that promotes regular bowel movements by soaking up water in the lower digestive tract and physically cleaning and pushing out waste. Fiber prevents constipation, which is rampant in today's society because of junk food that is refined and virtually fiber free.



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Below we introduce a sweet treat for immune health, packed with digestive-boosting nutrients! Red Currents are also great for making jams, sauces, and for today, ice cream...

### Ingredients:

- 500g red currants
- 100g granulated sugar, or to taste
- 300ml whipping cream

### Method:

1. Pre-chill a plastic container in the freezer.
2. Rinse the redcurrants in water and pat dry. In a medium saucepan on a medium heat, cook the redcurrants until they have burst.
3. Strain the redcurrants through a fine sieve and combine with sugar to taste. Chill in the fridge.
4. Whisk cream until stiff and fold into the redcurrant concentrate.
5. Pour into pre-chilled container, cover and freeze for 2 hours or until firm.

### Recipe modification: cream

This recipe has been modified and now calls for whipping cream, instead of single cream.

Source: [allrecipes.co.uk](http://allrecipes.co.uk)

