

Gorgeous Berries



Superfoods benefit the body in so many ways. They power your brain, and efficiently fuel your body. Super foods fight infections, enhance your immune system, and protect against diseases such as osteoporosis, heart ailments, certain cancers, diabetes, and respiratory infections.

This week we will look at the gorgeous berries. As we all know fruits are fantastic sources of nutrients, but strawberries, raspberries, blueberries and blackberries stand out from the pack. This is because Berries are rich in many vitamins and minerals, including calcium, magnesium and zinc -- minerals that are frequently deficient in most of our diets these days.

To highlight some specific benefits: they are an extremely delicious source of antioxidants - which are compounds that protect our vulnerable bodies from the stresses of day to day living. The specific antioxidant in berries has triple the stress fighting power of Vitamin C and blocks cancer causing elements as well as the effects of many age related diseases.

Berries also boost your memory and are great for nibbling on when you are on a diet as they are high in water content but low on calories. The other advantage is that kids and adults alike love berries and you can leave them around the house to be snacked on between meals.

You can also make berry yoghurt by stirring mashed berries into regular yoghurt with no added sugar. Alternatively you can chop them finely and sprinkle them on cereal or blenderise them into smoothies.

Now let's take a closer look at the different berries and discuss what's so good about them. Blueberries are perhaps the most powerful berries in terms of antioxidant content: they are high in flavonoids and are known to help

protect against prostate cancer, urinary tract infections and cataracts. They are also known to protect against brain damage from strokes and heart disease.

Cranberries are perhaps best known for preventing urinary tract infections, but they have also been shown to prevent breast cancer and reduce stomach ulcers. Cranberries can also be used to help decrease the bad cholesterol levels.

Strawberries are high in antioxidants and vitamin C. They are known to fight heart disease and provide a number of vitamins and minerals that support overall human health.

The bottom line is that berries can be an extremely powerful disease-fighting part of your daily diet. Simply choose a variety of berries -- blue, red, and purple -- and be sure to get them into your body on a frequent basis - at least a couple of times each week.

Berrylicious Breakfast

2 handfuls of mixed berries
2 bottles of 0% fat Actimel or live yoghurt
Ground Flax Seeds & Pumpkin seeds



Blenderise the berries and Actimel in a blender. Sprinkle on ground seeds and sit back and enjoy a fabulously healthy breakfast drink.

Great for when you are in a rush and have no time to sit down to a healthy breakfast. Sure beats starting your day with a doughnut and coffee. It also helps to kickstart your metabolism whilst giving you an exotic injection of antioxidants early in the morning. Oooh can you resist that??

Berry Delite

1 cup seedless raspberry jam
6 tablespoons orange juice
1 pound mascarpone cheese, at room temperature

1 cup whipping cream
1/4 cup sugar
1 teaspoon pure vanilla extract
28 soft ladyfingers or 2 (12-ounce) pound cakes, cut into 3 by 1 by 1 1/2-inch pieces
4 cups of mixed fresh berries
Confectioners' sugar, for serving



Stir the jam and 4 tablespoons of the orange juice in a small bowl to blend.

Combine the mascarpone and remaining 2 tablespoons of orange juice in a large bowl to blend. Using an electric mixer, beat the cream, sugar, and vanilla in another large bowl until soft peaks form. Using a large rubber spatula, stir 1/4 of the whipped cream into the mascarpone mixture to lighten. Fold the remaining whipped cream into the mascarpone mixture.

Line the bottom of a 13 x 9 by 2-inch glass baking dish or other decorative serving dish with half of the ladyfingers. Spread half of the jam mixture over the ladyfingers. Spread half of the mascarpone mixture over the jam mixture, then cover with half of the fresh berries. Repeat layering with the remaining ladyfingers, jam mixture, mascarpone mixture and berries. Cover and refrigerate at least 3 hours or overnight.

Dust with confectioners' sugar and serve.

Mmmmm treat your family and guests to this Berry Delite and be complimented for a long time to come. Adjust the sugar according to your audiences' taste.

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