

Blue Sky FHT Newsletter

Focus on Berries

Benefits of Berries

Fibre - Berries have a lot of fibre to help keep you regular and promote bowel health.

Low Sugar - Compared to other fruit, berries tend to have less sugar.

Taste- Many berries can be used in sweet or salty dishes. Add strawberries to a salad, cranberries to salmon, blueberries to soups. However served, they taste great!

Antioxidants and Phytonutrients - Berries have a lot of antioxidants and phytonutrients, they can protect our cells from damage. It's best to get these compounds from food rather than a supplement.



Seasonal Berries



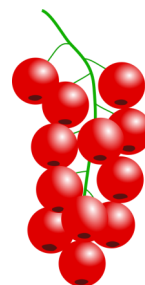
Blueberries - July, August, September



Strawberries - June, July



Raspberries - July, August and September



Cranberries - October



Gooseberries - July, August



Blueberry Lemon Crisp

Serves 16

Ingredients:

- 4 cups of blueberries, washed
- 1/2 cup of granulated sugar
- 3 tbsp of fresh lemon juice
- 2 tsp of lemon rind
- 1 tbsp of all purpose flour

Topping:

- 1 cup of all purpose flour
- 1 cup of large flake oats
- 1/2 cup of melted butter
- 1/2 cup of packed brown sugar
- 1/2 tsp of grated nutmeg

Directions:

1. In bowl, combine blueberries, sugar, lemon juice, lemon rind and 1tbsp of flour; stir well.
2. Spoon into greased 8 cup baking dish
3. Topping - in same bowl, combine flour, oats, butter, sugar and nutmeg. Sprinkle over top
4. Bake in 375°F (190°C) oven 40-45 minutes, uncovered, or until fruit is bubbly and top is golden brown.

Nutrition Facts

For 1/16 of cake

Amount	% Daily Value
Calories 181	
Fat 6.8g	
Saturated 3.9g	
+ Trans 0.3g	
Cholesterol 15.9mg	
Sodium 45.3mg	
Carbohydrate 29.1g	
Fibre 1.8g	
Sugars 17.1g	
Protein 2.2g	
Vitamin A	Vitamin C mg
Calcium mg	Iron mg

For more great Berry recipes check out:

<http://ontarioberries.com/site/recipes.html>