

# THIS MONTH, IT'S ALL ABOUT MIXED BERRIES

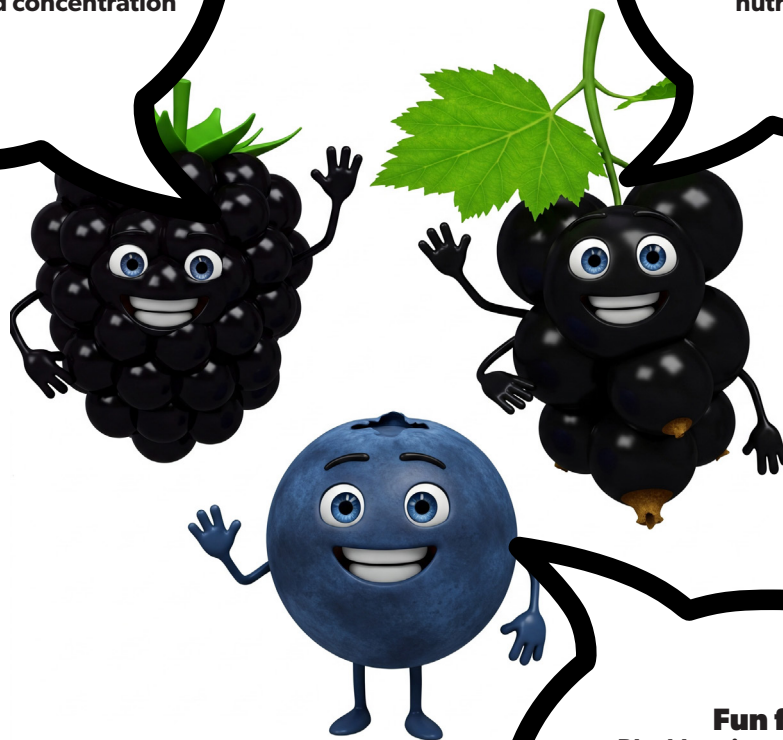
Simple, Seasonal, Sensational!

## Did you know?

Blueberries are well known for their brain-boosting benefits - their high levels of antioxidants (especially anthocyanins) have been linked to improved memory and concentration

## Why we love them

Berries are delicious eaten fresh, or blended into smoothies for a naturally sweet, nutrient-rich drink



## Fun fact

Blackberries aren't just for eating - in the past, their deep purple juice was used as a natural dye for fabrics and even ink for writing!

TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS'  
FAVOURITE TASTY MIXED BERRY RECIPES!

WE ONLY USE



FRESHUK BEEF



FRESHUK PORK



FREERANGE EGGS

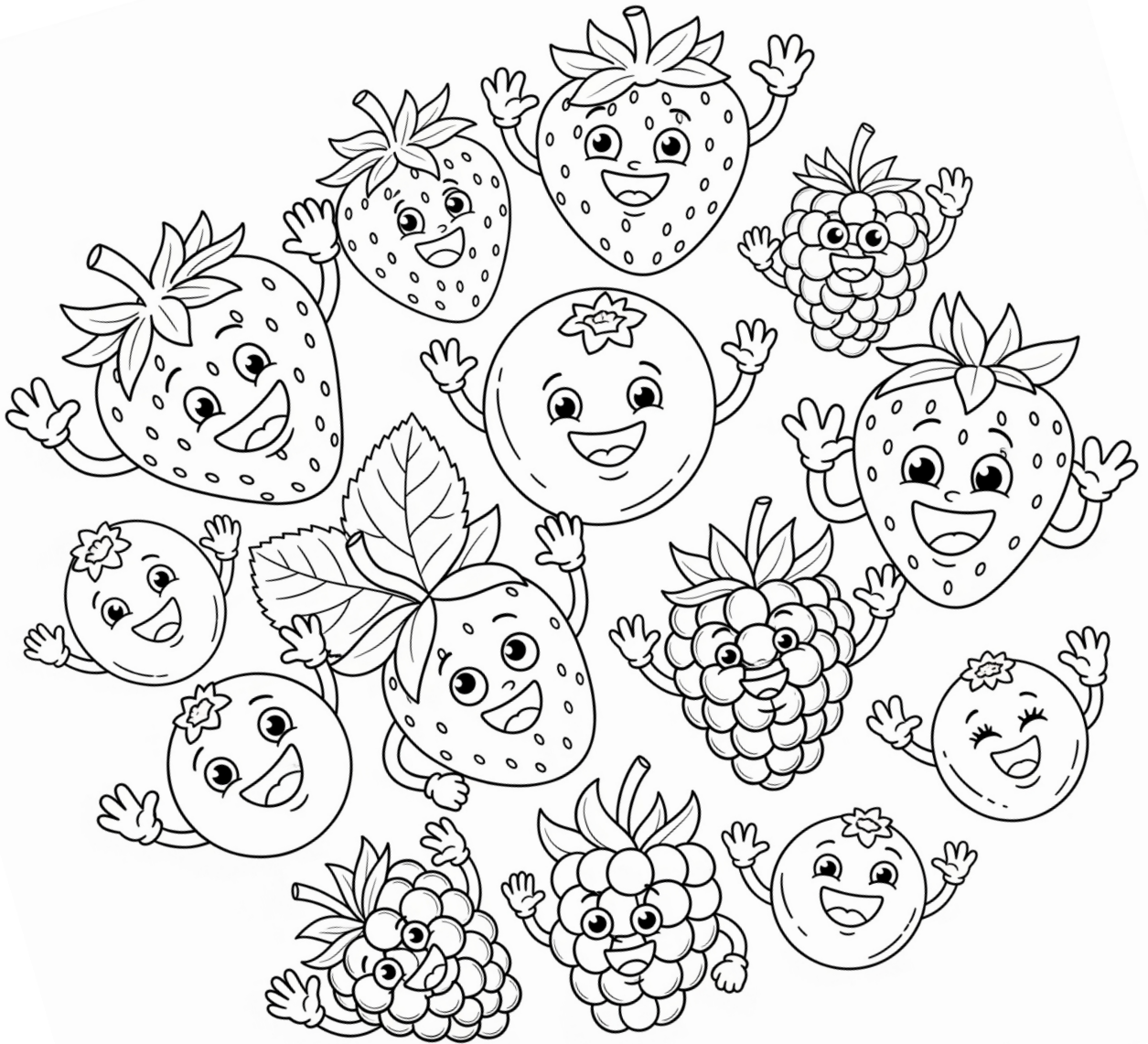


LOCAL FRUIT & VEG



WHOLEMEAL PASTA

fresh ingredients  fresh food



Colour me...

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# RECIPE

## MIXED BERRY FRUIT SALAD (COLD SALAD)

### INGREDIENTS

- Blackberries - 150g
- Blueberries - 150g
- Blackcurrants - 100g
- Apples (chopped) - 1
- Orange juice - 50ml
- Honey - ½ tbsp (optional)

### METHOD

1. Gently wash all berries and chop the apple.
2. Combine fruit in a bowl.
3. Pour over orange juice and honey if using.
4. Chill and serve cold.

## BERRY OAT MUFFINS

### INGREDIENTS

- Mixed berries - 300g
- Self-raising flour - 150g
- Porridge oats - 75g
- Eggs - 1 to 2
- Milk - 125ml
- Brown sugar - 75g
- Vegetable oil - 50ml

### METHOD

1. Preheat oven to 180°C.
2. Mix all dry ingredients in one bowl, wet ingredients in another.
3. Combine both and gently fold in the berries.
4. Divide into muffin cases and bake for 20-25 minutes.



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# RECIPE

## BERRY AND BANANA SMOOTHIE

### INGREDIENTS

- Mixed berries - 375g
- Bananas - 2
- Milk (or dairy-free alternative) - 500ml
- Honey - ½ tbsp (optional)

### METHOD

1. Blend all ingredients until smooth.
2. Serve chilled in cups.

## BERRY JELLY POTS

### INGREDIENTS

- Mixed berries - 300g
- Sugar-free jelly mix - 1 pack (makes ~750ml)

### METHOD

1. Divide berries into 5 small cups.
2. Prepare jelly as per packet instructions.
3. Pour over the fruit and chill until set.



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# RECIPE

## WARM BERRY PORRIDGE BAKE

### INGREDIENTS

- Mixed berries - 250g
- Rolled oats - 150g
- Milk - 375ml
- Eggs - 1
- Honey - 37ml (about 2½ tbsp)
- Cinnamon - ½ tsp

### METHOD

1. Mix all ingredients in a baking dish.
2. Bake at 180°C for 25-30 minutes until golden.

## MINI BERRY SHORTCAKES

### INGREDIENTS

- Mixed berries - 300g
- Ready-made shortcake biscuits - 10 halves (for 5 full servings)
- Whipping cream - 250ml
- Vanilla extract - ¼ tsp

### METHOD

1. Whip cream with vanilla until soft peaks form.
2. Layer biscuit, cream, and berries, and top with another biscuit or extra fruit.
3. Serve immediately.



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