

Nourish
Your Life

SO DELICIOUS

Berries

Strawberries, blueberries, raspberries, blackberries and cherries are nutrition powerhouses. They're packed with antioxidants, fiber, vitamin C and phytochemicals. And let's not forget how they are simply bursting with natural juicy sweetness!



Sprinkle. Top cereal, salads and yogurt with a handful for an antioxidant add-on.

Cook. Heat in a saucepan until bursting for a healthy, fruity topping.

Freeze. Grab a handful for a chilly snack or add to your favorite smoothie.

Bake. Make a berry crisp dessert with an oat and nut topping.



Smash. Add smashed berries to fizzy water and serve over ice.



BLUEBERRY CRISP

4 cups blueberries
2 tablespoons sugar
2 tablespoons flour

Topping:

2 tablespoons soft margarine or butter
2 tablespoons brown sugar
1/4 cup flour
3/4 cup oats
1/2 cup chopped walnuts or almonds
1/4 teaspoon cinnamon

In a medium bowl, mix blueberries with sugar and 2 tablespoons of flour. Lightly coat a 2-quart baking dish with cooking spray and pour in the blueberry mixture. In a medium bowl, use a fork to combine the remaining ingredients until crumbled. Sprinkle over blueberries. Bake in preheated 375 degree F oven for 40 minutes or until the top is golden brown and the fruit is bubbly. Makes 6-8 servings.

Source: American Institute for Preventive Medicine