

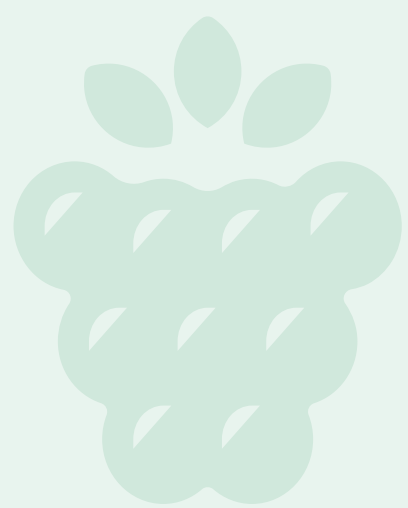


EAT

WELL

WITH

BERRIES



Here at Love Fresh Berries, one of our great pleasures is sharing wonderful recipes with berry lovers.

Did you know that berries are one of the healthiest foods you can eat, and also incredibly versatile, meaning they work perfectly in breakfast, lunch, dinner and snacks. Berries are tasty and loved by all ages, so why not try adding berries to your meals to get an added health boost, whatever time of day.

We believe that healthy eating doesn't have to be boring - take a look at our selection of recipes made with berries that will brighten up every-day meal times and help to support a healthy diet.

In this book are some of our favourite nutritious recipes. We hope you love them as much as we do. And if you try them, tell us about it.



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BREAKFAST

**Start the morning
right with our
selection of delicious,
healthy breakfast
recipes guaranteed
to fuel you for the
day ahead.**

Serves 6 · Prep 10mins

BLUEBERRY BIRCHER MUESLI



This easy muesli can be mixed together the night before, then left in the fridge to soak in a plastic container or smaller individual ones. Perfect for those who like to prep ahead!

Ingredients

500g tub Greek yogurt
200g rolled oats
40g wheat germ
40g desiccated coconut
50g hazelnuts, toasted and roughly chopped
200ml pressed (cloudy) apple juice

To serve per portion

½ apple, cored but not peeled, coarsely grated
50g blueberries
1 tsp runny honey
Little ground cinnamon
Few extra chopped hazelnuts, optional

Method

1. Mix the yogurt, oats and wheat germ in a bowl then stir in the coconut, toasted hazelnuts and apple juice. Transfer to a plastic container, clip on the lid and chill overnight in the fridge.
2. When ready to serve, stir in grated apple and a few blueberries then spoon into dishes, top with extra blueberries, a drizzle of honey, a sprinkle of ground cinnamon and a few extra nuts, if liked. The remaining soaked muesli will keep in the fridge for 2-3 days, just add a little apple juice if needed, as the oats will continue to swell.

Cook's tip

If you are not a fan of nuts or have a nut allergy then simply leave them out. If you are allergic to yogurt made with cow's milk then use goat's milk or soak in soya milk instead.

Recipe can be made vegan with alternative yoghurt.

Serves 2 · Prep 15mins · Cook 45mins · Vegan

BLUEBERRY BREAKFAST LOAF



Add some nourishment to your morning with a slice of this loaf! The oats contribute to soluble fibre intake known to be beneficial for a healthy heart.

Ingredients

2 large or 3 small very ripe bananas
150g fresh blueberries
200g buckwheat flour
50g oats
1 tsp cinnamon
4 tbsp coconut oil, melted
2 eggs or 2 flax eggs
4 tbsp honey or maple syrup
2 tbsp almond milk
1 tsp vanilla extract
1 ½ tsp baking powder
½ tsp baking soda

Method

1. Preheat the oven to 180°C/160°C fan/350°F. Grease a loaf tin with coconut oil.
2. In a large bowl, mash the bananas. Whisk in the milk, eggs, vanilla, melted coconut oil and honey.
3. In another bowl, mix together the flour, oats, cinnamon, baking soda and baking powder.
4. Fold the dry ingredients into the wet and mix well. Stir through the blueberries.
5. Pour into the tin and spread out evenly. Sprinkle the top with oats.
6. Bake for 45 minutes. Allow to cool in the tin for 10 minutes before turning out and cooling on a rack.
7. Serve a slice warm with a spread of your favourite nut butter.

Recipe created by @rhitrition

Serves 2 · Prep 10mins

REVITALISE BLUEBERRY & RASPBERRY SMOOTHIE



Full of natural sugars, this smoothie will soon boost energy levels leaving you feeling brighter and revitalised.

Ingredients

225g or about ¼ red cabbage
225g or about 1 large beetroot, trimmed, scrubbed
175g raspberries
100g blueberries
2 tps runny honey or to taste

Method

1. Cut the red cabbage and beetroot into pieces that will fit in your juicer shoot then press through an electric juicer.
2. Puree the raspberries and blueberries with a little of the red cabbage and beetroot juice in a liquidiser until smooth then add the remaining juice and sweeten to taste with honey.
3. Pour into two glasses and serve immediately or pour into a sports drinks container, seal well and take to the gym for a post workout energy boost.

Cook's tip

If you don't have a juicer then puree the raspberries and blueberries with 300ml (1/2 pint) bought cranberry and raspberry juice or pomegranate juice.

Serves 3 · Prep 5mins

VITAMIN C SMOOTHIE



Drink your way to more vitamin C! If you're looking to give your immune system a reboot, try this smoothie.

Ingredients

200g or 2 large handfuls of fresh blackberries or a mix of blackberries and blueberries

600ml or a 1pt beer glass of sweetened soya milk

A pinch of ground cinnamon

A tsp of runny honey

Method

Blitz all the ingredients together in a liquidiser or food processor until smooth and frothy.

Serves 3 · Prep 5mins · Vegan

BLUEBERRY & OAT PANCAKES



These pancakes for breakfast will fill you with the perfect amount of protein and fibre, both of which can help keep you full for the day ahead.

Ingredients

50g blueberries
150ml unsweetened almond milk
100g oats
1 tsp baking powder
Pinch of salt
½ tsp ground cinnamon
1 ripe banana
1 tsp vanilla extract
1 tbsp coconut oil
Honey or maple syrup, for serving (optional)

Method

1. Grind the oats down to a flour in a food processor then tip into a bowl and mix with the baking powder, salt and cinnamon.
2. Slice the blueberries in half.
3. Place the banana, milk and vanilla extract in the food processor and blend until smooth. Pour the wet mixture into the dry mixture and stir until fully combined, then gently stir in the blueberries.
4. Heat 1 tbsp of coconut oil in a frying pan. Spoon a few tbsps of the batter into pools in the pan and cook for a few minutes, then flip over and cook for a further minute until cooked through. Repeat with the rest of the mixture.
5. Serve the pancake with a drizzled honey or maple syrup plus leftover or extra blueberries.

Serves 3 · Prep 5mins · Cure overnight

BLACKBERRY & GIN CURED SALMON



Perfect for a lazy weekend brunch or special occasion, serve with slightly toasted rye bread and a spoonful of crème fraiche. It also keeps well stored in the fridge for up to a week.

Ingredients

Sustainable salmon fillet,
skin on, scaled and pin boned
about 900 gm

250g blackberries

375g light brown
muscovado sugar

250g sea salt flakes

Zest of 1 unwaxed lemon

2 tbsp gin

Method

1. Put the blackberries in a bowl and mash them into the salt and sugar. Zest over the lemon and stir gin through the mixture.
2. Stretch two large pieces of cling film over a work surface and lay the salmon fillet onto it, skin side down. Brush your hand along the fillet to check for any little pin bones, pinching them out with a pair of tweezers.
3. Pour the cure mixture generously over the fillet, wrap in cling film and leave on a tray in the fridge for 13 hours.
4. In the morning, rinse off the marinade under cold running water and pat the fillet dry
5. Bring the fish to room temperature and slice to serve on warm buttered toast.

Eat well with

BLACKBERRIES
BLACKBERRIES
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BLACKBERRIES

A handful of blackberries provides half an adults RDA of manganese, necessary for bone development and nutrient absorption

Eating 10 blackberries will count towards one of your five-a-day

Blackberries contain high amounts of salicylic acid which is great for your skin

Blackberries are brimming with flavonoids, a type of antioxidant that gives the blackberry its colour

Blackberries contain astringent tannins that are great for oral hygiene

Blackberries contain powerful anti-inflammatory compounds, which suggests that they may provide protection against inflammatory conditions



LUNCH

Whether you're looking for delicious lunch options at home or at work, we've got plenty of filling, nutritious ideas which will keep you full for hours and keep snacking temptation at bay.

Serves 4 · Prep 20mins · Cook 10-12mins · Vegan

ENERGY BOOSTING KALE, QUINOA & BERRY SALAD



Looking for lighter options after all the Christmas festivities? This salad is just what you need. For a healthy packed lunch, cook the quinoa and toast the nuts and seeds the night before, then add the berries and salad leaves in the morning.

Ingredients

900ml vegetable stock
225g quinoa
1 tbsp sunflower or rice bran oil
4 tbsps flaked almonds
2 tbsps sunflower seeds
1 tbsp soy sauce
1 tbsp sesame oil
4cm piece root ginger, peeled, coarsely grated
2 tsp agave syrup
Freshly ground black pepper

To finish

50g spinach leaves
50g shredded kale
175g raspberries
100g blueberries

Method

1. Add the vegetable stock to a saucepan and bring to the boil, add the quinoa and cook for 10-12 minutes or until the grains are just beginning to separate. Drain off most of the stock to leave just enough to keep the grains moist.
2. Meanwhile, heat the sunflower or rice bran oil in a frying pan, add the almonds and sunflower seeds and fry over a medium heat until just beginning to brown. Take off the heat and stir in the soy sauce. Leave to cool.
3. Add the sesame oil, ginger and agave syrup to the quinoa, season with pepper and transfer to a salad bowl or plastic container if chilling overnight.
4. Add the spinach and kale leaves, raspberries and blueberries and gently toss together then sprinkle with the toasted almonds and sunflower seeds.

Serves 2 · Prep 20mins · Cook 5mins

HALLOUMI WITH SPICED PICKLED RASPBERRIES



Quick and easy to prepare, this salad is the ideal lunch for anyone on the go. Halloumi is a great source of protein and calcium, while raspberries provide vitamins C and K, as well as containing large amounts of antioxidants great for boosting and protecting immunity.

Ingredients

150g halloumi
2 tsp olive oil
Mixed salad leaves

For the spiced pickled raspberries

100ml cider vinegar
1 star anise
4 peppercorns
½ tsp fennel seeds
Pinch chilli flakes
1 tbsp sugar
100g raspberries
3 radishes, thinly sliced
1/2 small red onion, thinly sliced

For the sourdough croutes

100g sourdough preferably a day old
1 clove garlic, halved
1 tbsp olive oil

Method

1. For the pickles, warm the vinegar in a small pan with the star anise, peppercorns, fennel, chilli and sugar until the sugar has dissolved. Set aside to cool slightly. Add the raspberries, radishes and onion and leave to marinate for at least 20 minutes (can be as long as overnight) until you can see the ingredients changing and turning the vinegar pink.
2. For the croutes, preheat the oven to 200°C/180°C fan/400°F. Slice the sourdough and rub the cut side of the garlic over the bread and then cut it into cubes. Drizzle with the olive oil, toss to mix and then bake in the oven for 5 minutes until golden and crisp.
3. Pat dry the halloumi with kitchen paper and then slice the block into 6 pieces. Heat the oil in a frying pan, add the slices and cook for 3-4 minutes, turning until golden on both sides. You may need to do this in batches.
4. Divide the leaves between plates, add the halloumi, spoon over the pickles and top with the croutons.
You can make the pickles and the croutons the day before if you want to a fast throw together lunch. For a meat version, slice 250g skinless chicken breast, season with some salt and pepper and pan fry in the hot oil for 3-4 minutes until golden and cooked through.

Serves 2 · Prep 10mins · Cook 20-25mins · Vegan

ROAST AUBERGINE WITH YOGURT, SLICED BLUEBERRIES & PARSLEY



Love Fresh
Berries

This dish makes for a nutritious and comforting lunch during the cooler months. Packed full of antioxidants from both the blueberries and aubergine, what's not to love about this dish?

Ingredients

120g blueberries
1 aubergine
2 tbsp avocado oil
50g yogurt
1 tbsp toasted sesame seeds
3 tbsp sprouted chickpeas
1 tbsp finely chopped parsley
Salt and pepper
1 tbsp lemon juice

Method

1. Preheat the oven to 200°C/180°C fan/400°F.
2. Slice the aubergine length-ways into 2cm strips. Rub this with avocado oil and salt. Place on a large roasting tray and roast in the oven for 20-25 minutes until golden and cooked through.
3. While this is cooking mix the yogurt, parsley, lemon juice and a pinch of salt and pepper together in a bowl.
4. Thinly slice the blueberries. Plate the aubergine with the yogurt drizzled over, sliced blueberries, toasted sesame seeds and sprouted chickpeas. Best served warm.

Serves 4-6 · Prep 15mins · Cook 1hr

SWEET POTATO SOUP WITH BLACKBERRY & BASIL SAUCE



This Sweet Potato Soup with blackberry and basil sauce is ideal for those wanting to prep a week's worth of lunches or are looking to feed the entire family. Blackberries provide vitamins C and E, manganese and fibre, while the sweet potatoes promote gut health.

Ingredients

50g blackberries
3 large sweet potatoes
2 tbsp of coconut oil
1 white onion
2 garlic cloves, crushed
1 x 400ml can coconut milk
500ml fresh vegetable
or chicken stock
1 tbsp of finely chopped basil
1 tsp of lemon juice
2 tbsp of honey
2 tbsp of balsamic vinegar
2 tbsp of freshly chopped parsley
salt

Method

1. Preheat the oven to 200°C/180°C fan/400°F.
2. Cut the sweet potato into large chunks. Melt 1 tablespoon of coconut oil and rub the sweet potato in the oil, roast in the oven for 40 minutes until golden and cooked through.
3. Finely chop the onion. Heat the remaining coconut oil and add the chopped onion, a big pinch of salt and garlic. Sauté for 5 minutes, then add the coconut milk, roasted sweet potato and stock. Simmer for 10 minutes while you make the blackberry sauce.
4. Place the blackberries, basil, lemon juice, honey, a pinch of salt and balsamic in a pot bring to the boil then turn down to a simmer. Crush the blackberries with the back of a spoon and cook until the sauce reduces by half and thickens.
5. Blend the soup and top with the blackberry sauce and freshly chopped parsley.

Serves 2 · Prep 5mins

SUPER POWERED SALAD



The flavour combinations in this salad work really well and the colours shout health and vitality. The blackberries will increase the amount of iron absorbed from the spinach, it will also be using vitamin C to give you an energy boost. While walnuts are a great source of omega 3 oils and the feta cheese will provide you with calcium and protein.

Ingredients

200g fresh blackberries
100-150g spinach leaves
50g feta cheese
20g walnuts
10ml olive oil

For raspberry vinegar:

500g raspberries
500ml apple cider vinegar
60g granulated sugar

Method

1. Lay the spinach leaves on a plate or bowl
2. Arrange the blackberries, crumbled feta cheese and walnut pieces on top of the spinach.
3. Mix the raspberry vinegar and oil in a bowl and drizzle on top of the salad.

Raspberry vinegar:

1. Squash the raspberries in a bowl. Pour the vinegar over and leave in a sealed air tight container for 2-7 days, depending on the strength of flavour you prefer. Give it an occasional stir.
2. After letting your vinegar steep, drain through muslin.
3. Add the sugar to the liquid and bring to the boil for 10 minutes.

Serves 4 · Prep 10mins · Cook 30mins

SUPERBERRY KALE AND ROASTED GARLIC BRUSCHETTA



These super food ingredients may not seem like an obvious mix to serve with toast but the slight bitterness of the kale and earthy flavour of the roasted garlic works really well with the natural sweetness of the blackberries, balsamic vinegar and molasses. Did you know kale and blackberries are an excellent source of vitamin C? Ideal as a light lunch or casual starter.

Ingredients

1 large fresh garlic bulb
3 tbsp virgin olive oil
4 slices sourdough bread, halved
75g shredded kale, rinsed well with cold water, drained
100g blackberries
2 tbsp balsamic vinegar
2 tsp pomegranate molasses, optional
25g toasted hazelnuts, roughly chopped
Sea salt flakes and coarsely
Ground black pepper

Method

1. Preheat the oven to 190°C/170 fan/375°F. Put the whole unpeeled garlic on to a piece of foil, drizzle with 1 tbsp of the oil then wrap in the foil to enclose completely. Cook on a baking sheet for about 20-25 minutes or until it feels soft when squeezed.
2. Unwrap the garlic, separate into cloves then peel away the skins, finely chop the soft creamy garlic flesh to a rough paste or blitz in a food processor. Spoon into a small bowl.
3. Preheat a ridged frying pan, brush one side of all the pieces of bread with a little oil then toast in the hot pan, oiled side downwards for 2 minutes or until browned. Brush the tops with a little more oil then turn over and cook the second side. Wrap in a clean tea cloth and keep hot.
4. Heat a non-stick frying pan, add the rinsed kale to the dry pan and cook for 2-3 minutes until just beginning to wilt. The water clinging to the kale will be enough to keep it from sticking. Add the blackberries, balsamic vinegar, pomegranate molasses, if using and cook for 1 minute.
5. Spread the garlic puree over the griddled bread then top with the kale and blackberry mix and sprinkle with the toasted hazelnuts, salt flakes and pepper. Serve immediately.

Cook's tip

Double up and cook 2 garlic bulbs then keep the rest in a screw topped jar in the fridge up to 1 week. Delicious added to stir fries, stews or soups.

Eat well with

BLUEBERRIES
BLUEBERRIES
BLUEBERRIES
BLUEBERRIES
BLUEBERRIES

Blueberries increase the brain's production of feel-good dopamine, a natural neurotransmitter that makes you feel happy

Blueberries have one of the highest levels of antioxidants, specifically anthocyanins

An 80g serving of blueberries counts as one portion of your 5 a day

Blueberries are 85-92% water, so eating them alongside drinking water is a useful way to top up intake and stay hydrated



DINNER

Berries are not only a delicious accompaniment to salads and sweet dishes, they are also the perfect addition to a warm evening meal, adding a little sweet flavour to a savoury favourite.

Serves 4 · Prep 20mins · Cook 30-40mins

BLUEBERRY & ORANGE SALMON WITH ROASTED POTATOES



This is a simple, balanced, yet impressive dinner dish. The blueberries create a soft and tangy sauce which caramelises beautifully on top of the salmon, which is rich in omega-3 fatty acids.

Ingredients

450g new potatoes,
halved if large
1 orange
150g blueberries
1 tbsp honey
4 x 125g pieces salmon fillets
200g fresh or frozen peas
2 tbsp crème fraiche
8 mint leaves, torn

Method

1. Preheat the oven to 180°C/160°C fan/350°F. Place the potatoes in a roasting tin with the oil and some salt and pepper and cook for 30-40 minutes until golden and cooked through.
2. Pare the rind, (a 'y' shaped peeler is good for this) leaving behind the white pith, from the orange and cut it into thin strips. Use a serrated knife to remove the white pith and then segment the orange by cutting between the segments to release the flesh. Do this over a small pan to catch the segments and any juices. Add the zest strips with the honey to the pan bring to the boil, cover and simmer for 3-4 minutes until the zest has softened. Stir in the blueberries and simmer uncovered, for a couple more minutes until some have burst.
3. Place the salmon fillets in an ovenproof dish, spoon over half the blueberry sauce and cook alongside the potatoes for 15-20 minutes until the fish just flakes and is beginning to caramelise.
4. Whilst the fish is in the oven, bring a pan of water to the boil, add the peas and cook for 2-3 minutes until tender. Drain and stir in the crème fraiche and mint. Serve the fish with the potatoes and peas and the reserved sauce.

Serves 4 · Prep 20mins · Cook 10-12mins

GRILLED MACKEREL WITH BEETROOT & RASPBERRY COUSCOUS



Mackerel is both high in omega 3 and vitamin B12, beetroots are filled with nitrates and loaded with iron, and raspberries are high in both fibre and antioxidants. Combined, they create a healthy, mouth-watering meal.

Ingredients

4 mackerel, heads removed, cleaned, about 200g each

Little salt and freshly ground black pepper

200g couscous

150g chilled cooked beetroot in natural juices, drained, diced

400ml boiling water

Grated rind and juice of 1 lemon

3 tbsp olive oil

1 small red onion, finely chopped

150g fresh raspberries

Small bunch fresh parsley or a mix of parsley and mint, roughly chopped

Lemon wedges, crusty bread or toasted pitas to serve, optional

Method

- 1.** Rinse the fish inside and out with cold water, drain well then slash the flesh on each side two or three times with a knife. Sprinkle with a little salt and pepper and place on a grill rack. Cook under a preheated grill for 10 minutes, turning once until the skin is golden and the fish flakes easily when pressed with a knife.
- 2.** Meanwhile, add the couscous and beetroot to a bowl with a little salt and pepper. Pour over the boiling water and cover the bowl with a plate and leave to soak for five minutes.
- 3.** Add the lemon rind and juice and oil to the couscous and fluff up with a fork, sprinkle over the onion and raspberries and toss together lightly.
- 4.** Spoon on to plates and top with the mackerel and sprinkle with the chopped herbs. Serve with lemon wedges and warm crusty bread or toasted pitas, if liked.

Serves 4 · Prep 20mins · Cook 8-10mins

SEARED SALMON WITH THAI STRAWBERRY SAUCE



Incredibly versatile, strawberries taste great in sweet chilli dipping sauce, with extra chilli and ginger for an oriental twist.

Ingredients

250g strawberries, hulled
½-1 red chilli, halved, deseeded,
finely chopped
2.5cm piece root ginger, peeled,
grated
1 tbsp sweet chilli dipping sauce
1 tbsp soy sauce
1 tsp fish sauce
4 salmon steaks, each about 150g
200g thin rice noodles
1 tbsp sunflower oil
300g stir fry vegetables with bamboo
shoots and water chestnuts
150g frozen edamame beans
Small handful fresh coriander, roughly
chopped
Lime wedges to serve

Method

1. Mash the strawberries in a bowl then mix with the chilli and ginger then stir in the dipping sauce, soy and fish sauces.
2. Line the grill rack with foil then put the salmon steaks on top and spoon about 1 tbsp of the strawberry sauce over each salmon steak. Grill for 8-10 minutes, turning over once until browned and the strawberries have made a deep coloured glaze.
3. Meanwhile add the rice noodles to a saucepan of boiling water and cook for 2-3 minutes until just tender, then drain.
4. Heat the oil in a wok or frying pan, add the stir fry vegetables and frozen edamame beans, stir fry for 2-3 minutes. Stir in half of the strawberry sauce then add the noodles and cook for 1 minute.
5. Add the remaining strawberry sauce to a small bowl, set this on a large platter, stir half the coriander into the noodles then spoon on to the platter. Break the salmon into large flakes, scatter over the noodles with the remaining coriander. Serve with lime wedges, if liked.

Serves 4 · Prep 20mins · Cook 20mins

SPICED LAMB SKEWERS WITH BLACKBERRY QUINOA SALAD



Love Fresh
Berries

Ingredients

Lamb skewers

- 2 garlic cloves, finely chopped
- 1 tsp cumin seeds, roughly crushed
- 1 tsp peppercorns, roughly crushed, plus a little extra
- 1 lemon, juice only
- 2 tsp runny honey
- 2 tbsp olive oil
- Few salt flakes
- 700g lean lamb leg steaks, cubed
- 125g fine asparagus

Quinoa salad

- 750ml vegetable stock
- 200g mixed red and white quinoa with bulgar wheat
- 1 red onion, halved, thinly sliced
- 200g blackberries
- 100g sun blush tomatoes in oil, drained
- Small handful flat leafed parsley, roughly chopped
- Small handful fresh mint, roughly chopped
- Salt and freshly ground black pepper
- 2 lemons, halved

Look out for packs of mixed red and white quinoa with bulgur wheat, which cooks in just 10 minutes and makes a great change from rice. Any leftovers can be packed in a plastic box and taken to work the next day.

Method

1. Add the garlic, crushed cumin and peppercorns to a shallow dish; add the lemon juice, honey, 1 tbsp oil and a generous sprinkling of salt and fork together to mix. Add the cubed lamb and toss in the garlic mixture then thread on to 8 small metal skewers. Toss the asparagus with the remaining 1 tbsp oil and a little extra salt and pepper.
2. For the quinoa salad, bring the stock to the boil in a saucepan; add the quinoa mix and simmer for 12 minutes or until the grains are just beginning to separate.
3. Pour off any excess stock, leaving just enough in the pan to keep the quinoa moist. Tip into a bowl then add the remaining salad ingredients and toss together with two spoons.
4. Preheat a griddle pan or grill and cook the lamb skewers for 10-12 minutes, turning several times until browned. Take out of the pan, add the asparagus and cook for 3-4 minutes until just tender.
5. Add the asparagus to the salad then serve with the lamb skewers. Squeeze over lemon juice to taste.

Serves 3 · Prep 10mins · Cook 1-1.5hrs · Vegan

STUFFED SWEET POTATOES WITH CHICKPEAS & RASPBERRY HARISSA



Not only is this dish vegan, but it's also packed with nutrients and vitamins too! This family favourite contains high levels of protein found in chickpeas, and isn't it a colourful sight!

Ingredients

3 medium sweet potatoes
1 tin chickpeas, drained
½ tsp cumin
1-2 tsp harissa
150g raspberries, mashed
3 tbsp tahini or yogurt
Olive oil
Salt and pepper

Method

1. Preheat the oven to 180°C/160°C fan/350°F and line 2 baking trays with parchment paper.
2. Scrub the sweet potatoes, stab them with a knife a few times and roast on one tray for 40-60 minutes until tender.
3. Pat the chickpeas dry, add to the second tray, drizzle with 1 tbsp olive oil, cumin, salt and pepper and roast for 20-30 minutes until crisp, stirring halfway through.
4. Stir together the harissa and mashed raspberries.
5. Slice the sweet potatoes in half and lightly mash the flesh with a fork. Top with the raspberry harissa, crunchy chickpeas and the tahini or yogurt. Sprinkle over extra raspberries, fresh herbs and mixed seeds.

Recipe created by [@rhitrition](#)

Serves 4 · Prep 20mins · Marinade overnight · Cook 3-6mins

SEARED STEAK WITH PANCETTA & BLACKBERRY VINEGAR



Marinating bavette steak with blackberry vinegar adds an amazing, almost gamey taste and if you haven't tried this cut before, you'll be wowed by the price at around half that of sirloin or rib eye steak.

Ingredients

2 x 250g Bavette beef steaks

6 tbsp blackberry vinegar,
see recipe on right

Salt & freshly ground black pepper

Dressing

2 tbsp blackberry vinegar

2 tbsp olive oil

1 tbsp runny honey

Salad

1 green or red tipped chicory,
leaves separated

100g pack mixed red chard,
lamb's lettuce and pea shoots

100g radishes, trimmed,
thinly sliced

150g blackberries

12 rashers sliced smoked pancetta

4 tsp olive oil

Method

1. Add the steaks to a large shallow plastic box, china or glass dish then spoon over the blackberry vinegar and season with salt and pepper. Cover with a lid or clingfilm and chill overnight.
2. To make the dressing, add the blackberry vinegar, oil, honey and a little salt and pepper to a jam jar, screw on the lid and shake together well then decant to a small jug.
3. Add the chicory, salad leaves and sliced radishes to a large shallow salad dish and sprinkle over the blackberries.
4. Preheat a ridged frying pan if you have one, or an ordinary one if not. Add the pancetta and cook over a medium heat for 2-3 minutes turning the rashers once until the fat is golden. Lift out of the pan then reserve.
5. Drain the steaks and rub with the oil and season with salt and pepper. Fry over a high heat for 3-4 minutes, turning once for rare or 4-6 minutes for medium. Take out of the pan and leave to stand for 4-5 minutes then thinly sliced. Halve the pancetta slices then add the steak and pancetta to the salad. Drizzle over the dressing and serve immediately with warm ciabatta bread.

Blackberry vinegar

Roughly crush 225g blackberries in a bowl with a vegetable masher. Transfer to a large jam jar and pour on a 350ml bottle Cabernet Sauvignon red wine vinegar. Mix well then screw the lid on tightly. Leave at room temperature for 2 days, shaking the jar once or twice a day then strain into a bottle and store in the fridge. Use within 3-4 weeks.

Eat well with

STRAWBERRIES
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STRAWBERRIES

Strawberries provide a daily Vitamin C boost, and in fact, contain more Vitamin C than oranges. Just 7 strawberries (80g = a portion) provide the recommended daily amount of vitamin C

Research suggests that eating strawberries alongside a carbohydrate-rich meal may help reduce spikes in blood sugar and insulin levels

Strawberries have anthocyanins which is the antioxidant that created their red colour, a great support to our circulatory system

Strawberries contain a natural form of salicylic acid which is widely used as a clinical antibacterial ingredient for skincare



SWEET

Sweet treats don't need to be unhealthy. We've got lots of delicious ideas which could work as a light dessert or a mid afternoon snack - all designed to help satisfy cravings while giving you the health benefits of berries!

Serves 4 · Prep 10mins · Chill 2hours

YOGURT DIPPED STRAWBERRIES WITH TOASTED HAZELNUTS



A fun way to dress up strawberries, perfect for a light dessert or even as a snack during the week. A healthier alternative to the classic chocolate dipped strawberries!

Ingredients

100g strawberries

75g toasted hazelnuts

2 tbsp sticky honey

150g Greek yogurt

Method

1. Mix the honey and yogurt together.
2. Line a tray with baking paper. Dip the strawberries into the yogurt then lay onto the tray and place in the freezer for half an hour.
3. Crush the hazelnuts into small pieces.
4. Remove the tray from the freezer and dip the strawberries in the yoghurt mixture again for a second coating then throw over the toasted hazelnuts.
5. Place in the fridge for 2 hours for the honey and yoghurt coating to harden.

Serves 2 · Prep & Cook 15mins · Vegan

BLUEBERRY AND BERGAMOT POPCORN WITH SALTED CARAMEL



Make this delicious popcorn with added blueberries in just 15 minutes – ideal for movie night or as a treat for the kids.

Ingredients

50g popping corn
50g sugar
½ tsp bergamot lemon or lemon zest
100g blueberries, half roughly chopped
Sprinkling of sea salt

Method

1. Place the corn in a lidded pan (a clear lid is helpful so you can see how much corn has popped) and heat over a medium heat until the corn has stopped popping, shaking the pan occasionally – this will take several minutes. Once it has all popped spread it out on a baking sheet.
2. Place the sugar in a small heavy based pan over a medium heat to melt, swirling it gently round to ensure any remaining crystals have melted. It will melt to a light caramel, let it darken slightly before removing from the heat.
3. Quickly scatter the lemon zest and blueberries over the popcorn and drizzle over the caramel then stir to mix. You will get some clumps and some smaller pieces.
4. Sprinkle with the sea salt and serve warm or cool and pack into bags or pots. Best eaten the same day but it will stay reasonably crisp for a day or two.

Eat well with

RASPBERRIES

RASPBERRIES

RASPBERRIES

RASPBERRIES

RASPBERRIES

Just one cup of raspberries contains 12% of your RDA of Vitamin K which supports healthy bones

Studies have also indicated that eating raspberries could help prevent and manage diabetes by helping to reduce glucose levels after consumption

Raspberries are also rich in folates supporting in the formation of healthy red blood cells which carry oxygen around our bodies

Raspberries are particularly rich in ellagic acid, quercetin and anthocyanins – all powerful antioxidants

Strawberries contain a natural form of salicylic acid which is widely used as clinical antibacterial ingredient for skincare

SNACKS

Whether you're looking for snacks while at home, on the weekend, or to pack into children's lunchboxes, we have something for everyone - and healthy too! Learn to snack smart with our recipes to get you through the day. There's no harm in grazing all day when the health kick is this good.

Makes 16 · Prep 10mins (plus chilling)

MAPLED BLUEBERRY AND PECAN BALLS



Looking for a quick burst of energy? With only 4 ingredients needed, whip these up in no time and keep them for a post-gym or mid-afternoon snack.

Ingredients

200g pecans
50g sesame seeds
1 tbsp maple syrup
75g blueberries, roughly chopped
Pinch salt

Method

1. Preheat the oven to 200°C/180°C fan/400°F. Place the pecans on a baking tray and the sesame seeds in one corner. Roast for 5 minutes until you can just smell them. Cool slightly.
2. Save 1 tbsp of the sesame seeds, placing the rest in a food processor or blender and blitz until they form a soft spread. You will need to stop and scrape down the sides from time to time. Add the maple syrup and salt, blitz again and then transfer to a bowl and stir in the blueberries.
3. Form the mixture into walnut sized balls. Spread the reserved sesame seeds on a plate and roll the balls to cover with the seeds. Chill until firm for at least 20 minutes. Store in an airtight container in the fridge for up to 3 days.

Serves 2 · Prep 5mins · Cook 15mins · Vegan

ZA'ATAR BERRY NUTS



Nuts contain healthy fats, fibre and protein, and are the perfect snack to keep you full. Why not try jazzing them up with some fresh berries and za'atar for a lovely afternoon pick me up.

Ingredients

100g strawberries, hulled and chopped
150g mixed nuts eg pecans, walnuts, almonds, cashew
25g mixed seeds eg sunflower, pumpkin
1 tsp olive, rapeseed or sunflower oil
2 tsp za'atar

Method

1. Preheat the oven to 200°C/fan 180°C/400°F and line a baking tray with parchment. Spread the strawberries out into a single layer and bake for 15 mins until slightly dehydrated. Set aside to cool.
2. Spread the nuts and seeds in a single layer on another tray, drizzle with the oil and roast for 5 minutes. Remove from the oven, scatter with the za'atar and mix well. Cool then stir in the strawberries.

Tip

You can roast the berries and nuts ahead of time but only combine when ready to eat or serve as the nuts will go soft if stored with the fruit.

Otherwise keep the nuts in an airtight container for up to 3 days and the fruit in the fridge for up to 3 days.

Makes approx 325g · Prep 10mins · Cook 5mins · Vegan

BERRY NUT BUTTER



Peanut butter and jelly is a classic toast combo. So here it is, reinvented, in one healthy spread with berries – just nuts, fruit, pinch salt and a little sweetness to taste.

Ingredients

200g hazelnuts - or you can use almonds, cashew, peanuts

Pinch salt

125g raspberries - blueberries or strawberries also work well

2 tsp honey or maple syrup or to taste

Method

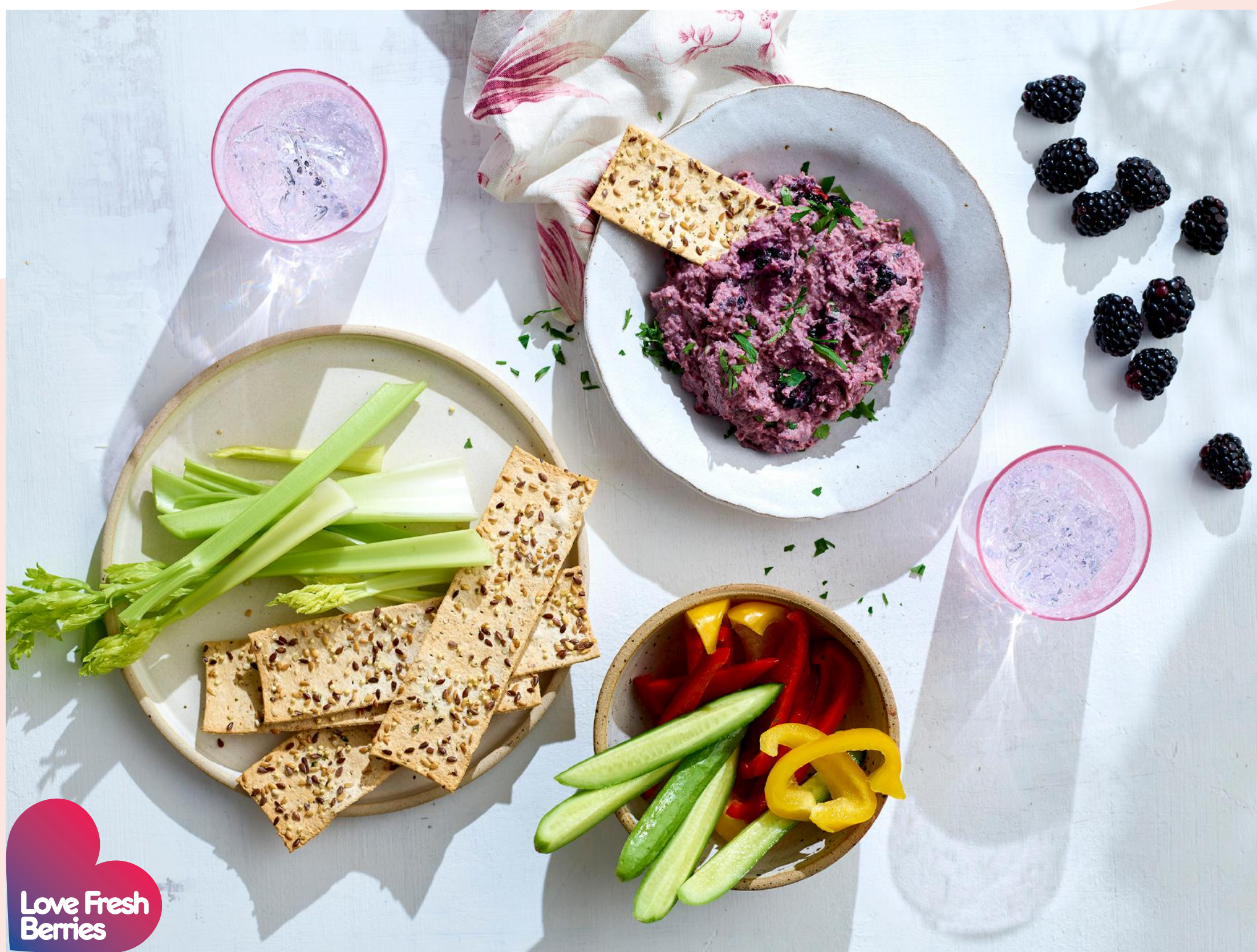
1. Preheat the oven to 200°C/180°C fan/400°F. Place the nuts on a baking tray and toast for around 5 minutes until golden. You can also do this in a pan but keep them moving round to ensure even cooking. Set aside to cool. If the nuts have their dark papery skins still attached roll them around in your hands to loosen and discard them.
2. Whilst the nuts cool, place the berries in a pan, roughly crush with a fork, cover and cook gently for a couple of minutes until they have released their juices. Remove the lid and continue cooking for a minute or 2 more to create a sticky jam. Leave until cool.
3. Blend the nuts in a food processor or blender - you can't do this by hand. It will take several minutes for the nuts to break down and release their oil and you will need to stop and scrape down a few times but eventually you end up with a soft shiny paste.
4. Stir in the salt and berries, taste and add honey or maple syrup if required. Store in an airtight container in the fridge for up to a week.

Tip

You don't have to roast the nuts beforehand but it does enhance the flavour.

Makes approx 450g · Prep 10mins · Vegan

BLACKBERRY & BEETROOT HUMMUS



We've put our own twist on this classic snack by throwing in some blackberries and beetroot, both of which contain vitamin C and fibre. Beetroot is also known for lowering blood pressure, and increases exercise performance, making it the perfect pre-workout snack.

Ingredients

2 garlic cloves, roughly chopped
2 tbsp olive oil
400g can chick peas, drained
75g cooked beetroot (not in vinegar), roughly chopped
100g blackberries
3 tbsp tahini
2 tsp lemon juice
Handful roughly chopped parsley
Crackers, celery, peppers, cucumber sticks to serve

Method

1. Heat the oil in pan, add the garlic and cook for around 30 seconds just to soften the garlic. Remove from the heat.
2. Place the chickpeas in a blender or food processor and blitz to a coarse paste. Add the oil and garlic, beetroot, and blackberries and blend again until smooth. Stir in the tahini, lemon juice, parsley and season to taste with salt and pepper. Serve with the vegetables and crackers.

Tip

Store in the fridge for up to 5 days.
If you haven't any olive oil try rapeseed.

Don't have a food processor; simply mash all the ingredients in step 2 together - get your work out at the same time!

Makes 10 · Prep 20mins · Cook 25-30mins

BLUEBERRY MUESLI BARS



These Blueberry Muesli Bars are perfect for those looking for a morning pick-me-up. Blueberries contain large levels of Vitamin C, known for its energy-boosting properties, while both they and the muesli contain fibre helping to keep you fuller for longer.

Ingredients

150g blueberries
1 level tbsp cornflour
75g mixed sunflower seeds, pumpkin seeds and sesame seeds
175g porridge oats
150g block margarine or butter
75g light muscovado sugar
2 level tbsp golden syrup
75g wholemeal plain flour

Method

1. Preheat the oven to 180°C/fan 160°C/350°F. Lightly brush the base and sides of a shallow 20cm (8inch) cake tin with butter and line the base with a square of non-stick baking paper the same size.
2. Put the blueberries in a bowl, sprinkle over the cornflour and gently mix with a spoon until the blueberries are evenly coated.
3. Add the seeds to a plastic bag, seal the end of the bag then bash with a rolling pin until the larger seeds are crushed. (Or leave them whole if you'd rather). Scoop out 3 tablespoons and put into a bowl with 3 tablespoons of the oats and save for the topping.
4. Add the margarine or butter, the sugar and the golden syrup to a saucepan and cook over a low heat for 3-4 minutes, stirring with a wooden spoon until the margarine or butter has melted.
5. Take the saucepan off the heat. Tip the seeds from the plastic bag and the rest of the oats into the pan along with the flour and mix together well.
6. Spoon about two thirds of the oat mixture into the paper lined tin and spread flat with a round bladed knife. Sprinkle the blueberries on top then dot small spoonfuls of the rest of the oat mix on top to make an even layer with a few of the blueberries still showing. Sprinkle with the saved seeds and oats.
7. Bake for 25-30 minutes until the top is golden brown. Take out of the oven with oven gloves, put on to a wire rack. Press the top down gently with a fish slice then leave to cool in the tin.
8. Loosen the edge of the muesli bars, take out of the tin, peel off the lining paper then cut into 10 bars. Eat some now and put the rest in a plastic container, or wrap individually in foil or clingfilm, keep in the fridge overnight then add to your lunchbox next morning.

Makes a single snack pot · Prep 5mins · Vegan

BERRY ENERGY SNACK POT



The perfect snack for kids and adults alike, get your protein fix from yoghurt and seeds, with delicious fresh berries.

Ingredients

3-4 strawberries, sliced

2-3 tablespoons natural or vegan yogurt

4-5 raspberries, plus a few extra for garnish

4-5 blueberries, plus a few extra for garnish

2 dried apricots sliced, or can use dried dates or mango

Sprinkle of seeds – chia, flaxseed, linseed

Method

- 1.** Slice the strawberries across ways forming strawberry circles. Place these at the base of the pot.
- 2.** Spoon over the natural yogurt.
- 3.** Scatter the raspberries over the next layer. These can also be mashed, but reserve a few whole ones to add at the end.
- 4.** Next up, sprinkle over some mashed or roughly chopped blueberries, again reserving a few whole ones.
- 5.** Add in the wedges of dried apricots.
- 6.** Sprinkle over a few pinches of chia seeds, flaxseeds or linseeds.
- 7.** Finish by topping with the leftover whole raspberries and blueberries.

Makes 10 · Prep 20mins · Cook 10mins

RASPBERRY RECOVERY BARS



A delicious high-calorie snack to have as part of your recovery from training, these Raspberry Recovery Bars are packed full of vitamin C from the raspberries, as well as healthy fats from the nuts, seeds, butter and coconut oil. Oats also release their energy slowly and high in the soluble fibre beta-glucan that can help lower cholesterol.

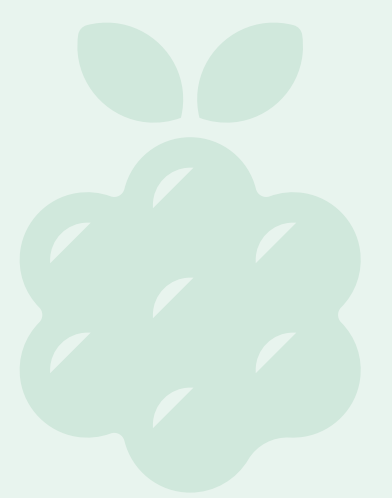
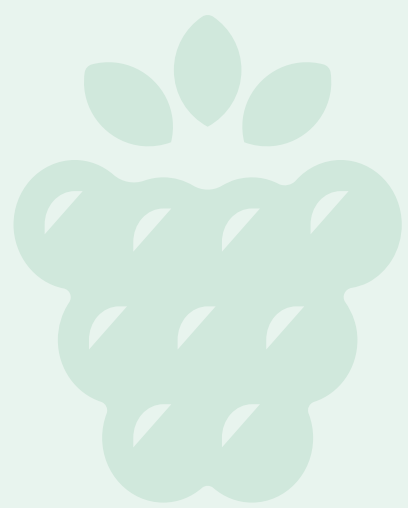
Ingredients

350g oats
25g flax seeds
25g pumpkin seeds
25g chia seeds
50g organic butter
50g virgin coconut oil
50g honey
250g raspberries
20g coconut flour/
oat flour

Method

1. Grind the oats and seeds as this makes the mixture slightly finer and helps it stick together - these flapjacks have a tendency to crumble more than regular ones as they are lower in fat. If you are short of time, grind only the flax seeds and chia seeds as your body doesn't break these down.
2. Melt the coconut oil, butter and honey in a saucepan and add to the dry ingredients. Add the oil/honey mix in stages, stirring well to make sure it is all incorporated.
3. Spoon two thirds of the mixture onto a baking tray and press it down firmly into the edges, ensuring it is at least 1cm deep. Bake at 180°C/fan 160°C/350°F for 5 minutes.
4. While it is baking, blitz the raspberries in a blender or mash them with a fork. Add the flour to thicken the consistency, and mix together
5. Remove the base from the oven and smooth the raspberry mixture over the top.
6. Sprinkle the remaining third of the oat mixture on top of the raspberries and press it down gently so it sticks into it.
7. Return to the oven for a further 5 minutes or until brown on top.
8. Leave to cool before cutting into pieces.

**DON'T FORGET
TO TAG US IN
YOUR CREATIONS
AND KEEP YOUR
EYES PEELED
FOR MORE BERRY
INSPIRATION
FROM US.**



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