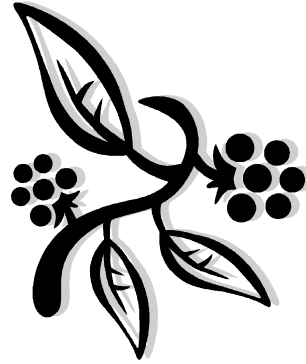


# Do it now!

Quick and easy ways with berries



## Start the day....

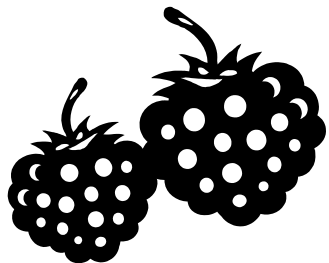
- Top your favourite cereal with a handful of sliced strawberries
- Whizz frozen berries and banana with a few ice cubes and a low-fat yoghurt for a nutritious smoothie

## As a snack....

- For an easy fruit salad just fill a bowl with a selection of your favourite berries and tuck in! For extra flavour try tossing in a syrup flavoured with mint leaves
- Berries are the perfect size for little hands and make a great healthy snack on their own or with a dip made from flavoured yoghurt

## Not just for desserts

- Add a handful of raspberries and a teaspoon of currant or rowan jelly to the pan after cooking pork or duck for a delicious and unusual sauce
- Gooseberries are a classic accompaniment to mackerel and also go well with other oily fish such as salmon

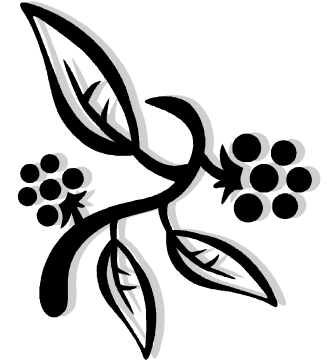


For all these recipes and even more ideas, visit:

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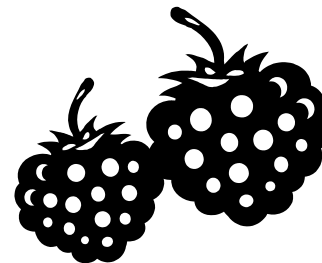
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