

Scottish Berries



Scotland has a strong tradition and a great deal of expertise in growing berries.



The Scottish summers are not too hot so the fruit has plenty of time to develop a full flavour, making Scottish berries some of the tastiest in the world.



Scottish growers produce mainly raspberries, strawberries, blackcurrants and blackberries/brambles. Blaeberrys and brambles can also be found growing wild in some parts of the countryside.



More information and healthy recipes can be found on the Berry Scotland website: www.berryscotland.com



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Fruit

- ◆ helps your body to fight diseases and remain healthy now and in the future.
- ◆ is packed full of vitamins and minerals — essential for good health.
- ◆ is low in fat.
- ◆ is high in dietary fibre.

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Strawberry Smoothie

From the Healthy Eating Café at The Shore, Dundee

Ingredients

- 8 strawberries
- 2 bananas
- 700ml semi-skimmed milk
- 200ml low fat strawberry yoghurt
- 6 ice cubes
- 1 teaspoon of honey (optional)



Method

1. Place ice cubes in blender first then add all fruit.
2. Blend for approximately 5 seconds.
3. Add milk and yoghurt.
4. Blend for approximately 5-15 seconds depending on how smooth you like it.
5. Pour into glasses and serve with a straw.

Serves 8

Including berries as part of your 5-a-day

It is important to eat at least 5 different portions of fruit and vegetables a day to stay healthy.

Berries are a tasty way of getting 1 of your 5-a-day.

- ◆ At breakfast time — use berries and bananas as a topping for cereal.
- ◆ In a packed lunch — take some chopped fresh berries or a small can of fruit in juice.
- ◆ For dessert — try a berry crumble, soft fruit salad or a baked apple stuffed with currants.
- ◆ As a snack — yoghurt with chopped berries, fresh or from the freezer, is a healthy choice.
- ◆ For parties—make up some fruit kebabs. Place strawberries and grapes on a skewer and serve with a natural yoghurt dip.