

Ways to increase your berry intake



At breakfast time – use berries 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.

Snacks – yoghurt with chopped berries, fresh or from the freezer.

Drinks – berries are fantastic ingredients in smoothies. Combine with banana and a little milk in a blender.

Parties – make up some fruit kebabs. Place strawberries and grapes on a skewer and serve with natural yoghurt dip.

