



LUXURY OF FREEDOM

Benefits of Blackcurrant



Black currant is very rich in flavonoids, non-nitrogenous plant pigments with wonderful properties for our circulation and with a strong antioxidant effect.

Diuretic and anti-inflammatory

Thanks to the flavonoids, especially the anthocyanins (blue-dark pigments), the histamines are inhibited, and our body will produce more catecholamine, which are anti-inflammatory hormones. This property is very useful to treat and prevent arthritis, gout or obesity.

Improve your circulation and health of capillaries

The venoprotective cardio tonic properties of flavonoids have been extensively tested and also they improve the strength and elasticity of the capillaries, so they can prevent strokes and improve the blood circulation. Therefore, you can use fresh berries or syrup from blackcurrant to prevent and treat arteriosclerosis, phlebitis, varicose veins, hemorrhoids and stroke. Also because the protection of capillaries the use of blackcurrant can solve problems with hair loss as they will improve irrigation in the scalp.

Improve your vision health

The antioxidant properties of flavonoids the regeneration of photoreceptors while increasing a good blood flow into the eyes. Preventing, myopia, loss of night vision and macular degeneration.



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Recipe for Blackcurrant & mint sorbet

Ingredients:

- 750g blackcurrants
- 200g golden caster sugar
- 200ml boiling water
- 20g pack fresh mint and some small sprigs to serve
- 4 tbsp liquid glucose
- juice of 2 lemons
- small sprigs of fresh mint to serve

Preparation:

Make a syrup by stirring the sugar with the boiling water until dissolved, then steep the mint sprigs in it until cool, about 15 mins. Discard the mint.

Cook the blackcurrants in the syrup with the glucose for about 5 mins until the fruit is soft. Whizz in a food processor, then strain into a bowl through a sieve (not nylon), rubbing with the back of a ladle or spoon to remove the pips. Stir in the lemon juice and cool.

Freeze in an ice-cream machine according to manufacturer's instructions until it becomes a thick slush, then scoop into a freezer container and freeze. Or pour into a shallow freezer container and beat 3 or 4 times as it freezes. Before serving, allow to thaw and soften for about 10 mins, then serve with sprigs of fresh mint.

Blackcurrant & mint has bursting flavor, mouth-washing taste, which is perfect for the hot summer

