



LUXURY OF FREEDOM

Benefits of Gooseberries



Gooseberries are tart berries usually used for desserts and cooked in sauces for rich meats like duck and lamb. Full of vitamin C, vitamin A, and Manganese the berry is great for strong bones, eyes, and a quick metabolism. Continue on to learn more and create your own recipe from our BIG BERRY garden.

Protect Your Eyes & Brain

Each 1-cup serving of fresh gooseberries contains about 18 percent of a woman's daily vitamin A recommendation and 14 percent of a man's. In gooseberries vitamin A comes in the form of the carotenoid compound form. Carotenoids are powerful antioxidants that may prevent heart disease, diabetes and neuro-disorders like Alzheimer's disease. Furthermore, the vitamin A found in gooseberries contributes to better eye health and stimulates red blood cell production. A diet high in vitamin A may lessen your risk of infections and eye problems.

Fire Up Your Metabolism

Fresh gooseberries have supplying 12 percent of the recommended daily amount of manganese for women and 9 percent for men. The body needs manganese to promote calcium absorption, to aid with energy metabolism and blood sugar regulation. If your diet lacks adequate manganese, you may be more likely to develop diabetes, osteoporosis or arthritis. So eat up those gooseberries!

Improve Skin & Hair

Gooseberry juice is also said to improve skin tone, prevent and restore hair loss, and rejuvenate for a general feeling of well being.

How to Enjoy 'Em

Berries handpicked from the wild can be consumed on their own much like currants or grapes. At home make sure to wash them in cold water and trim off the stems. They can be eaten in a variety of ways: alone as a fruit salad, in fish or meat dishes, to prepare jams or chutney, and desserts like pie-filling and ice creams.



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Below we offer a delicious recipe with the added health benefit of a tart metabolism boosting treat. Enjoy Gooseberries tonight!

Gooseberry Fools Dessert

Ingredients:

- **250g** Gooseberries, topped and tailed
- **3** tbsp caster sugar
- **200g** Greek yogurt
- **1-2** tbsp icing sugar
- **1** tsp vanilla extract
- **200ml** double cream

1. Put the gooseberries and sugar in a pan with a splash of water. Heat gently, stirring, then bring to a simmer and cook until the fruit starts to burst. Squash the gooseberries with a potato masher or fork until pulpy. Cool then chill until cold in the fridge.
2. Put the yoghurt in a bowl and beat with the icing sugar and vanilla until smooth. Gently whisk in the cream (it will thicken as you whisk so don't overdo it). Ripple through the gooseberry pulp then spoon into pretty glasses or bowls to serve.

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