

# BERRY-LICIOUS

## BERRY BENEFICIAL

Why are berries considered superfoods? It is because berries are concentrated in antioxidants. Antioxidants help to combat free radicals that damage our cellular structures like our DNA. When our cells are damaged, it may lead to aging, cancer, and other diseases. Antioxidants safely interact with free radicals to stop the harmful chain reaction of cellular damage. They have also been linked to decreased inflammation, managing arthritis, slowing down age-related memory loss, radiant skin and healthy hair.

### List of Berries

- Acai berries
- Blackberries
- Black cherries
- Blackcurrant
- Blueberries
- Cranberries
- Goji berries
- Mulberries
- Pomegranate
- Raspberries
- Strawberries



### Benefits of Berries

- May help to keep memory sharp
- May improve brain function
- Anti-cancer properties
- Good source of fiber
- Decreases blood pressure
- High in vitamin C and vitamin K
- May help to reduce risk of heart attacks
- May prevent urinary tract infections

## Strawberry Spinach Salad with Lemon Vinaigrette

Serves 4

### Salad

- 4 cups raw spinach
- 1 cup sliced strawberries
- ¼ cup shaved or grated parmesan
- ½ cup candied pecans

### Dressing Option #1

- 4 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 3 tablespoons honey
- ½ teaspoon sea salt
- ½ teaspoon lemon zest

### Dressing Option #2

- ¼ cup balsamic vinegar
- 2 tablespoons honey
- ½ cup olive oil

In a large serving bowl, mix the spinach, strawberries, parmesan, and pecans. For either dressing, whisk the ingredients together until blended. Just before serving, drizzle salad with dressing.

Try and support local farmers when you pick up your berries! Berry picking with the family is a great family activity!

Source: [www.nutritionadvance.com](http://www.nutritionadvance.com). [www.cookingwithruthie.com](http://www.cookingwithruthie.com)