

JUNE 2017 FOOD OF THE MONTH BOYSENBERRIES

Summer is the peak time for many fruits bursting with flavor, including all kinds of berries. Our pick this month is boysenberries: a berry that is a hybrid of loganberries, raspberries, and blackberries. If you are lucky enough to find them locally, they look like larger-than-usual blackberries with a deep maroon or purplish hue. The berries are soft and juicy when ripe, with a taste that is both sweet and tart. They are native to the Pacific coast (Oregon and California).

Boysenberries are high in Vitamin C and fiber, like many other berries. In addition, they are high in the antioxidant anthocyanin, the same one that blueberries are known for. In terms of ORAC value, which is a measure of antioxidant capacity, boysenberries' number is almost double that of blueberries. On top of that, boysenberries also contain a well-known antioxidant phytonutrient called ellagic acid, which has been shown to have anti-cancer, antibacterial, and antiviral properties. That is a lot of antioxidant power squeezed into little berries that are also high in fiber and fairly low in calories!

Nutrition Tidbits for Boysenberries:

1 cup of boysenberries contains:

- **Calories:** 66 kcal
- **Fat:** 0.3 g
- **Carbohydrates:** 16.1 g
- **Fiber:** 7.0 g
- **Protein:** 1.5 g
- **Glycemic Index (GI):** Low (below 55)



Fresh boysenberries are perishable and should be consumed soon after purchase. Like other berries, you can freeze them to extend the shelf-life. Wash and drain well, then spread them out in a single layer on a baking sheet to freeze. Once frozen, transfer to a freezer-safe container for long-term storage.

Ways to Include More Boysenberries in Your Diet:

- Add them to smoothies or yogurt parfait, use them to top cereal, or puree with a touch of honey and freeze into popsicles.
- Use them in place of other berries in muffins, pancakes, or scones.
- Make an easy salad with baby spinach, boysenberries, walnuts, feta cheese, and a drizzle of balsamic vinegar.

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Boysenberry and Lemon Muffins

Ingredients

- 2ml cooking spray
- 2 cups white flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1 lemon
- 1 cup boysenberries, frozen
- 2 tablespoons margarine
- 1 egg
- 150g low-fat yogurt
- 1/2 cup low-fat milk



Directions

1. Heat oven to 375°F. Spray a 12 cup medium muffin tray lightly with cooking oil spray.
2. Mix flour, sugar, and baking powder together in a medium sized mixing bowl. Grate the rind from the lemon and add to the flour, mix to combine.
3. Add the frozen boysenberries and mix carefully to coat with the dry ingredients.
4. Melt the margarine in a small bowl in the microwave (medium-high power for about 20 seconds). Remove from the microwave and add the egg. Beat lightly with a fork then add the yogurt and milk and mix well. Make a well in the dry ingredients and carefully add the liquid. Mix carefully until just combined - do not over mix and try not to break the boysenberries. Spoon the mixture into the prepared muffin tray, distributing the berries evenly between the muffins.
5. Bake for 15 minutes or until well risen and firm to touch. Allow to cool for at least 10 minutes in the tray before removing and placing on a wire rack to finish cooling. Makes 12 muffins.

Source: www.ohbaby.co.nz/recipes

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