

Blackberry

Organic freeze-dried fruit

Blackberries are fantastic! They are a good source of fibres, essential vitamins and minerals; and have a number of potential health benefits. They are very comfortable in the cold weather, which contributes to the development of the fruit. Harvest is delicate and performed manually to prevent their soft skin from breaking. They are very dark when ripe, resulting in a very rich and characteristic dark red juice if squeezed. They are a good source of iron, vitamin C and antioxidants and as a freeze-dried powder, gives colour and flavour in many uses.



HYPERFOOD
energy for the body

Blackberry

Benefits

Blackberries are high in beneficial vitamins and minerals, fibres and antioxidants. It is rich source of vitamin C. One a cup of raw blackberries has 30.2 milligrams of vitamin C and that is half the daily recommended value by the governmental authorities. Vitamin C is vital to collagen formation in bones, connective tissue, and blood vessels. Blackberries are low in calories, carbohydrates and fat and

are a great option to satisfy sweet needs when losing weight or in a low-carb eating plan, making them easy to add to a healthy diet. Blackberries also have a low glycemic Index, meaning it is considered less likely to spike blood sugar levels. Enjoy blackberries and their benefits in a smoothie, a yogurt parfait, or atop a green salad.

Applications



Drinks



Breakfast cereals



Yogurts



Premium bars



Supplements



Chocolates

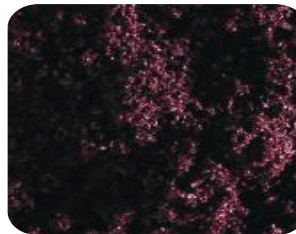


Desserts



Smoothies

Aspect



Freeze-dried Blackberry

- High antioxidant power due to polyphenols and anthocyanins
- Rich in fibres, proteins, vitamin E, calcium, iron, magnesium and potassium

Freeze-drying

To obtain a freeze dried powder, the fruit pulp is frozen and placed in the freeze drier where the process takes place. Freeze-drying is a low temperature dehydration process, as food is frozen and subjected to a low pressure environment, enabling water to be removed from cells through sublimation. It preserves nutrients, shape, colour and taste of

food; and it is considered to be the best drying technology available. Water removal allows a longer shelf life at room temperature without the need of preservatives and provides stability to a wide range of applications. The result is a dark purple powder.

Nutritional Values

Calories (kcal)	297	Calcium (mg)	290
Carbohydrate (g)	50.7	Sodium (mg)	26
Dietary Fiber (g)	27.0	Potassium (mg)	1075
Protein (g)	5.5	Iron (mg)	4.2
Total fat (g)	12.1	Vitamin C (mg)	5.3

- Reference values only - It does not consist in specification data
- Values per 100g of freeze-dried powder

Composition

Component	%
Blackberry	100

- ✓ Organic
- ✓ Gluten free
- ✓ Non-GMO
- ✓ No artificial colors
- ✓ No preservatives
- ✓ No added sugar

Certifications

