

Blueberry

Organic freeze-dried fruit

Exotic, versatile and full of flavor! A wild berry of European origin, the blueberry is a delicious fruit, known for its peculiar colour and taste. They are among the most nutrient-dense berries and they have a particularly healthful blend of fibres, vitamins, and minerals. With emphasis on the presence of phenolic compounds in high concentration, it results in a high antioxidant power that helps neutralizing some of the free radicals that may damage body cells.



HYPERFOOD
energy for the body

Blueberry

Benefits

Positive health effects of blueberries consumption have been attributed especially to their antioxidant and anti-inflammatory potential. Freeze-dried blueberries help preserve the immune system and collaborate in the anti-inflammatory processes, due to its high levels of total polyphenols. Diets rich in antioxidants can help prevent chronic diseases.

Blueberry contains:

- Antioxidant
- Rich in fibres and vitamin C
- Good source of vitamin K1

Applications



Drinks



Breakfast cereals



Yogurts



Premium bars



Supplements



Chocolates



Desserts



Smoothies

Aspects



Freeze-dried Blueberry powder



Freeze-dried Blueberry granulate

Freeze-drying

To obtain a freeze dried powder the pulp is frozen and placed in the freeze drier where the process takes place. The result is a dark purple powder. 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.

Nutritional Values

Calories (kcal)	299	Glicose (g)	27
Carbohydrate (g)	92	Fructose (g)	32
Dietary Fiber (g)	24	Sugar (g)	59
Protein (g)	1.4	Sodium (mg)	3
Saturated fat (g)	0.3	Vitamin K1 (mg)	29
Total fat (g)	2.2	Vitamin C (mg)	170

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

Composition

Component	%
Blueberry	99.0
Silicon Dioxide*	1.0

*Anti-caking agent: used to reduce the absorbance of humidity from the atmosphere

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

Certifications



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