

Strawberry

Organic freeze-dried fruit

The most famous of all berries! strawberries are widely appreciated around the world for its characteristic aroma, bright red colour, juicy texture and sweetness. They are consumed in large quantities, either fresh or in prepared foods. They are a natural source of vitamin C and are rich in magnesium and flavonoids, such as anthocyanins. These compounds reduce the risk of cardiovascular diseases and prevent the build-up of bad cholesterol.


HYPERFOOD
energy for the body

Strawberry

Benefits

Strawberries provide plenty of vitamin C, fibres, potassium and antioxidants; giving extra help to our body's immune system. The various phytochemicals and antioxidants found in strawberries can help reduce the risk of cardiovascular diseases and strokes and provides benefits to heart health in several ways. Strawberries can be very beneficial in healthy diets and give a burst of sweetness to food without adding

refined sugars. This can make a great difference for people suffering with diabetes. Their fibre content also helps to regulate blood sugar and keeps it stable by avoiding extreme highs and lows. Fibres can also give the sensation of being full which may reduce urges to snack between meals. In turn, this enables less sporadic glucose management and reduces the risk of blood sugar spikes.

Applications



Supplements



Smoothies



Premium Bars



Breakfast Cereals



Desserts



Cookies

Formats



Freeze-dried powder

Strawberries contain:

- Antioxidants: Polyphenols (flavonoids) and betalains
- Fibers and Vitamin C
- Ellagic acids

Freeze Drying

Freeze-drying is a low temperature dehydration process, as the fruit pulp 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. 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.

Freeze Drying

| | | | |
|-------------------|-----|----------------|------|
| Calories (kcal) | 322 | Vitamin C (mg) | 80 |
| Carbohydrate (g) | 54 | Magnesium (mg) | 375 |
| Dietary Fiber (g) | 22 | Sodium (mg) | 30 |
| Protein (g) | 7 | Calcium (mg) | 800 |
| Saturated fat (g) | 0.2 | Iron (mg) | 14 |
| Total Fat (g) | 3 | Potassium (mg) | 2000 |

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

Freeze Drying

| Component | % |
|------------|-----|
| Strawberry | 100 |

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

Certifications



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