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Food of the Month

January: Raspberries

- ◆ Many studies have suggested that increasing consumption of plant foods like raspberries decreases the risk of obesity, diabetes, heart disease and overall mortality while promoting a healthy complexion, increased energy, and overall lower weight.
- ◆ Several animal studies have shown a positive correlation between intake of flavonoids in berries and memory improvement as well as decreasing the delay in cognitive ability related to aging.
- ◆ A flavonoid in raspberries, anthocyanins, has been shown to suppress inflammation that may lead to cardiovascular disease. The high polyphenol content in raspberries may also reduce the risk of cardiovascular disease by preventing platelet build-up and reducing blood pressure via anti-inflammatory mechanisms.
- ◆ Any plant food with skin has lots of fibre - and raspberries have lots of skin! Eating high-fibre foods help keep blood sugar stable. Studies have shown that type 1 diabetics who consume high-fibre diets have lower blood glucose levels and type 2 diabetics may have improved blood

Nutritional Information: per 100g Raspberries

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|--------------|------|
| Calories | 53 |
| Protein | 1.2g |
| Carbohydrate | 12g |
| Fat Total | 0.7g |



RECIPE:

Roasted Beetroot & Fig Salad with Smashed Raspberry Dressing

800 g fresh whole beetroot
100 g baby spinach leaves or rocket
2 fresh ripe figs
180 g raspberries
2 tablespoons pomegranate molasses (see notes)
1 tablespoon cold pressed olive oil
ground black pepper -

See more at: <https://www.thehealthychef.com>

Directions:

Preheat your oven to 180 C. Trim the whole beetroot from leaves & wash well with the skin

still on. Wrap each whole beetroot in foil & place onto a baking tray. Roast for about 45 min (large beetroot) or 30 min (small beetroot) until a skewer can easily be inserted through the core. Remove from the oven & allow to rest in the foil for about 1 hour - this process allows the skin to be removed easily. Remove the foil and peel the skin off with your fingers - a good idea is to wear disposable gloves & the beetroot skin should slip off very easily when rubbed gently. Cut beetroot into quarters if large or leave a few whole if small. Arrange onto a serving platter or large bowl along with baby spinach leaves. Top with fresh figs. Smash raspberries with a fork - leaving a few whole berries for decoration. Add pomegranate molasses, black pepper & olive oil. Spoon the dressing over the salad and enjoy.