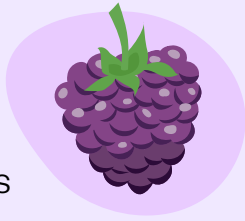


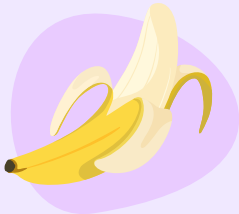
BERRY SMOOTHIE

1 cup of
blackberries



1 ½ tbsp of
lemon juice

½ banana
(medium-size
preferred)

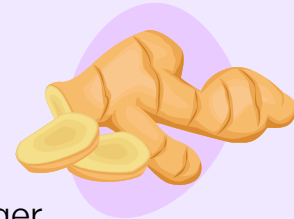


½ cup
plain yogurt

1 tbsp
of honey



1 tsp of
chopped ginger



HOW TO PREPARE

- Add all ingredients like banana, honey, yogurt, blackberries, chopped ginger, and lemon juice to the blender.
- Blend the mixture for 2 mins until completely smooth and serve.

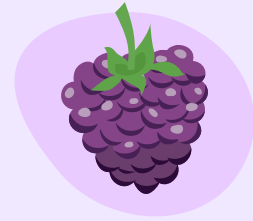
CALORIC COUNT

- 256 calories
- 57 g of carbs
- 2 g of fat
- 2 g of protein

BLACKBERRY SAUCE



½ cup sugar



3 ½ cups of
blackberries



½ cup water



1 tbsp
lemon extract

HOW TO PREPARE

- Transfer the sugar, blackberries, and water to a saucepan and give a continuous stir.
- Cook mixture at low heat for 5 mins.
- Strain through a sieve in a bowl.
- Add the lemon juice and refrigerate the sauce.

CALORIC COUNT

- 34 calories
- 8 g of carbs
- No protein or fat

BLACKBERRY MINI BARS

Topping



50g of plain flour



¼ cup butter



¼ cup icing sugar



½ cup grated marzipan



For base



3 ½ cup of blackberries



125 g of unsalted butter



250 g of whole wheat flour



2 eggs (yolk preferred)



Salt

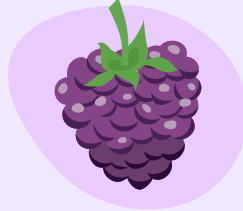
HOW TO PREPARE

- Preheat the oven to 180C/350F and line the pan with 9-by-9 inch parchment paper.
- Mix pastry-based ingredients in a food processor or with a spoon.
- Pour the rough textured crumbs into the lined pan and firmly press with the spoon. You may use a fork to prick the base and bake it for 15 mins in the oven.
- Meanwhile, grate the chilled marzipan. Once the base is perfectly cooked, remove from the pan and add blackberries on top. Sprinkle the marzipan and topping and again bake for 20 mins.
- After the cake turns golden brown, let it cool and cut into bars.

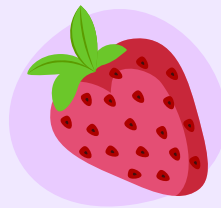
CALORIC COUNT

- 343 calories
- High sodium, potassium & fats
- Low fiber & protein

BLACKBERRY PINEAPPLE JUICE



2 cup
blackberries



2 cup
strawberries



Pineapple

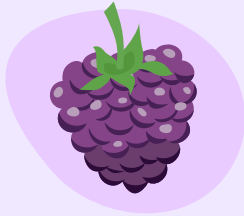
HOW TO PREPARE

- Dip the blackberries and strawberries in water for 5 minutes. Then, wash the fruits, including the pineapple, under cold water twice and cut them into small pieces.
- Blend the fruits until they become smooth, and use a filter to remove pulp.
- The juice is ready. It can be stored for 24 hours.

CALORIC COUNT

- 120 calories
- High carbs
- 3% calcium
- No fats

CHIA BLACKBERRY COBBLER PUDDING



1 cup
blackberries



2 tbsp
maple syrup



1 cup almond
or coconut milk



3 tbsp yogurt



2 tsp
vanilla extract



6 tbsp
chia seeds



HOW TO PREPARE

- Add the milk, blackberries, yogurt, vanilla extract, and maple syrup to the blender & process until it becomes smooth.
- Transfer the chia seeds to the bottom of the vessel & add the smoothie on top.
- Let it refrigerate for 3 hours, then enjoy!
- It can be stored for up to 5 days.

CALORIC COUNT

- 311 calories
- High sodium
- Low fat & carbs