Betty the Blackberry

September

It's September and we are very excited to introduce our new Superhero Fruit of the month!

Can you guess who I am?

Who Am I?

- I am a small, dark purple/black fruit made up of tiny juicy drupelets.
- I taste sweet and slightly tart.
- I am soft, juicy, and full of flavor when you bite me.



Did You Know?

- I am not just one fruit! I'm made of lots of little berries all joined together.
- I grow on thorny bushes called brambles.
- I am related to raspberries!
- My flowers are white or pink and bees love to visit them.
- I've been eaten by humans for thousands of years and even used as natural medicine.

Where Can You Find Me?

- I grow best in cool and temperate climate.
- You can find me growing wild in hedges and fields.
- I am usually in season from August to October in Ireland.
- I am best stored in the fridge and last for 2–3 days once picked.

Why You Should Eat Me?

I taste delicious, but best of all, I help keep you healthy!

- I am packed with Fibre, which helps your tummy digest food.
- I contain Vitamin C to boost your immune system.
- I am rich in Vitamin K which keeps your bones strong.
- I have antioxidants, which protect your body from getting sick.

Fun Ways to Eat Me

- You can eat me fresh, straight from the punnet 🍇
- You can add me to your yogurt or cereal for breakfast 🥣
- You can blend me into a smoothie 🥤
- You can bake me into muffins, pies, or crumbles 🍰

LOW PROTEIN RECIPES

BLACKBERRY YOGHURT PARFAIT

(4 Servings)
1 exchange per serving





Ingredients:

- 85g blackberries
- 100g The Coconut Collab natural yoghurt (1 exchange)*
- 35g low protein granola (recipe found on metabolic.ie, see link. (https://metabolic.ie/wp-content/uploads/2025/08/Homemade-Granola.pdf)

Method:

1. Wash the blackberries gently.
2. In a glass or bowl, add a weighed amount of yogurt, blackberries and LP granola.
3. Serve immediately and enjoy!

*count exchanges