

## Super Berry

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Blueberries are nature's convenience food, requiring no peeling or coring. Just wash and eat. Blueberries are high in Vitamin A and C, dietary fibres, caretenoids, anti-oxidants and anthocyanosides.

They are low in calories and you can use them fresh, in fruit salads, or in various processed items. There are possible effects in reducing the effects of ageing and the treatment of stomach upsets.