

# Blackberries



Fresh berries are very fragile and should be washed briefly and carefully and then gently patted dry if they are not organic. Wash berries just prior to use to not prematurely remove the protective bloom that resides on the skin's surface. If you know the source of either wild or organic berries try not to wash them at all.

Blackberries retain their maximum amount of nutrients and their maximum taste when they are enjoyed fresh and not prepared in a cooked recipe. That is because their nutrients - including vitamins, antioxidants, and enzymes - undergo damage when exposed to temperatures (350°F/175°C and higher) used in baking.

## **Berry Bread Pudding**

Serves 2   Prep Time: 25 minutes

### **Ingredients**

1 ½ cup berries (blackberries, blueberries, strawberries)  
1 teaspoon sugar  
5 slices whole wheat bread

### **Directions**

1. Combine berries and sprinkle with sugar. Let sit for 5 minutes.
2. Layer a spoonful of berries on the bottom of a small 2-cup deep dish. Cover the berries and the bottom of the dish with a layer of bread. Spoon in most of the berries. Add another layer of bread and continue until the dish is full. Finish off with a layer of bread.
3. Cover the dish with plastic wrap and place a dish or bowl over the top of the berry dish that fits just inside of it. Place a heavy object on the top to press down on the fruit and bread layers. Refrigerate for 15 minutes and serve with low-fat yogurt for added nutrition and taste!