

# Fresh Berries with Cinnamon Nut Cream



<b>Nutritional Information</b>		
<b>(per serving)</b>	<b>large</b>	<b>small</b>
Calories (k/cal)	245	
Fat (g)	17.5	
Saturated (g)	1.5	
Monounsaturated (g)		
Polyunsaturated (g)		
omega - 3 (g)		
omega - 6 (g)		
Carbohydrates (g)	12.8	
fibre (g)		
sugars (g)	12.3	
Protein (g)	8.7	

<b>Ingredients</b>	
Mixed berries	300g/10½oz
<b><u>Cream</u></b>	
almonds	125g/4½oz
ground cinnamon	1 tsp
orange juice	100ml/3½fl oz
Few drops vanilla extract	
nectarines, peeled and sliced	2

## Instructions

**Serves 4**

Place all the ingredients for the cream into a blender and blend until very smooth. Add a little water if needed to blend to the desired consistency. Spoon the nut cream over the berries to serve.

## Variation and Options

A delicious bowl of antioxidant-rich berries served with a protein-rich nut cream makes the perfect snack, dessert or breakfast option. Berries are lower in sugar than other types of fruit and blackberries and raspberries are particularly low in fructose. Nuts contain protein and fat, both of which help to stabilise blood sugar, keeping you fuller for longer.

Cinnamon is a useful spice for helping to improve glucose metabolism and makes a perfect accompaniment to the fruit. This nut cream would be equally delicious with stewed apple or pears.