



SAFARI
more fruit more taste

More about Safari Dried Fruits

SOME HEALTHY INFORMATION

Dried fruits are very good for you; they are high in vitamins, minerals and fibre while being low salt and fat. With the exception of Vitamin C, most of the natural vitamins, minerals and the fibre present in fresh fruits are retained – and concentrated – through the drying process. Although the natural sugars in dried fruit are higher than those offered by fresh fruits, the concentrated fibre in dried fruit tends to keep blood sugar levels low.

The most popular of all dried fruit, raisins, is believed to lower LDL (the bad) cholesterol and blood pressure. These little gems are rich in nutrition as they are a good source of iron, potassium and selenium and also contain vitamin A and some vitamin B.

The dark fruits like prunes and currants contain valuable antioxidants and they are rich in iron and potassium whereas orange fruits —peaches and apricots— are very high in beta carotene. On the other hand, dried apples are rich in pectin, a soluble fibre, which helps the body to eliminate cholesterol and also protects against environmental toxins. Pears also contain pectin while also being a good source of potassium.



SOME HEALTHY HINTS

- The **sweetness of dried fruit can replace the sugar** which you may be adding to your cereal –thus helping reduce your intake of refined sugar.
- **Dried fruit counts towards the 5-a-day target.** So add a handful of Safari Seedless Raisins, Golden Sultanas or a few chopped Safari Dried Apricots or Prunes to your breakfast cereal.
- For an easy **healthy breakfast**, soak dried fruit in a mixture of fresh fruit juice and water overnight and stir into some yoghurt. So tasty, so yum!
- **Rehydrate your dried fruit** by covering them with very hot water and allowing them to soak for 15 minutes or so before draining and patting them dry. You'd be amazed at the taste and juiciness – perfect to add to a salad!





SAFARI

more fruit more taste

BAKING – AND COOKING – WITH DRIED FRUIT

Everyone likes dried fruit in baked treats and no festive events will be the same without special treats baked with dried fruits. But don't get stuck on it. Think out of the box – dried fruit works a treat in adding loving value to cooked main courses, side dishes, snacks and breakfasts.

You will find many recipes on I love Cooking using dried fruits, and here are some more quick ideas:

- **Add dried fruit to your breakfast cooked porridge.** You can add it while it's cooking or after – it's delicious, especially in winter.
- **Add dried fruit to the batter of pancakes, crumpets and flapjacks.** You will love the splash of colour and taste – tart if you use apricots and if you use pears.
- When you add dried fruit to your cooking, use small fruits whole and cut up the larger fruits like apricots, peaches, pears, prunes and dates.
- **Add dried fruit to a green salad or a fruit salad.** If you want a soft and plump texture, soak them first or add them to the salad dressing to soak and absorb those lovely flavours.
- **Add dried fruit to rice, couscous or pasta for flavour and colour.** Golden sultanas go extremely well in a tomato pasta sauce and any other dried fruit go very well with rice or couscous.
- **Add dried fruit to a stir-fry** to make it more exciting and give it a kick of added taste.
- **Add dried fruit to a stew** for extra taste and texture.
- **Add dried fruit to a curry** to temper the heat.
- **Add dried fruit to stuffing** for chicken and red meat.
- **Add dried fruit to gravies and sauces.** Adding prunes to the gravy of venison or pork is delicious and adding small, soaked pieces of dried apricots to a lamb gravy will add delicate tartness to cut through the fatty taste.



SOME HINTS TO STORE YOUR DRIED FRUIT

To enjoy your dried fruit at its best, we recommend that you:

- Store your fruit well-sealed in a cool, dark, dry place.
- Use it within six months from buying.
- Once the pack is opened, pop the pack into a Ziploc bag, push out the air and seal properly to preserve the exquisite taste, texture and nutrients.
- Another way to retard oxidation and keep your fruit from drying out is to store it in the fridge.

