

Healthy Dessert Alert.... Strawberry Fool Anyone?

By Sue Bedford (MSc Nutritional Therapy)



Who loves strawberries? If you do you will love this light, easy and healthy strawberry fool dessert idea.

Strawberries are in season so enjoy! Strawberries are native to North America and part of the Rose family. They are great nutritionally and packed full of nutrients. Strawberries contain anthocyanins which help to reduce inflammation in the body and have been shown to reduce CRP (C-reactive protein which is a medical marker of inflammation) levels when a portion a day is consumed.

Strawberries help support fertility as they are rich in folate. Folate is vital for cell division, growth and development and in the prevention of birth defects in the foetus. Folate may also help to counteract ovulation problems. 125g of strawberries provides 10 per cent of your daily folate needs along with a whole day's amount of vitamin C. They are a good source of iron, potassium and manganese too. They are the only fruit to have seeds on their exterior and these contain a small amount of omega 3. Omega 3 fatty acids have been linked to improving blood flow to the uterus, ovulation, improving sperm quality and motility and reducing post-natal depression. Further studies are needed.

Vitamin C is a powerful antioxidant that supports the immune system, fights infection and helps iron absorption into the body. Vitamin C also helps to prevent damage by free radicals to the DNA in egg and sperm cells. It is also important for sperm motility and in the prevention of sperm agglutination.

Why not grow some yourself? Wash strawberries just before you are about to eat them to preserve that vitamin C content.

Ingredients (makes 6 portions)

10 oz strawberries

6oz Greek yoghurt

6oz Fromage frais

Fresh mint and strawberries to decorate.

How to make:

Mix the fromage frais and Greek yoghurt in a bowl together. Purée the strawberries and stir them through the fromage frais and yoghurt mixture – pour into glass bowls and then chill in the fridge for an hour. Serve with fresh mint and strawberries on the top. This also makes great ice lollies – pour into lolly moulds and place into the freezer.

You may also wish to try this with different combinations too like fresh ginger and rhubarb, raspberries and mint, blackberries and raspberries.

Sue is a Nutritional Therapist specialising in Fertility, Women's Health and General Wellness. She works closely with IVF Babble, IVF Babble Africa and Emme Menopause Magazine. There are lots of recipes and nutrition articles over on IVF Babble written by Sue in the wellness section- www.ivfbabble.com and www.emmemenopause.com

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