



Nutra Pick fruit salad with mallow (malva silvestris) flowers



The properties of fruit and vegetables

Fruits and vegetables can be considered our '**natural medicines**' precisely because they possess remarkable useful properties.

Many commonly used medicines are in fact derived from plants, so bringing these foods to the table daily, preferably raw, is an excellent beauty cure.

Fruit ranks among the foods at the base of the diet pyramid and eating it in the right quantities is good for our health: tasty, colorful and genuine, it should never be missing from our daily diet.

The minerals in fruit and vegetables contribute to the daily requirement of those substances that intervene in many

fundamental functions, in particular magnesium, potassium, calcium, zinc, iodine and iron.

Fruits and vegetables are a source of vitamins in good quantities: vitamins A, C, folate (folic acid) as well as important antioxidants such as lycopene, which are mainly found in yellow, orange, red and green leafy vegetables, as well as orange vegetables such as carrots.

Fiber, a non-nutrient found in large quantities in fruit and vegetables, reduces the risk of cardiovascular disease (heart attack and stroke) type 2 diabetes, obesity, as well as aiding intestinal transit, reducing constipation and the symptoms of diverticulosis.

The fruit salad we are proposing today is even more favourable thanks to the addition of mallow flowers, known for their anti-inflammatory, antimicrobial, analgesic, antifungal, antioxidant and emollient properties, valuable for the intestine, throat and skin. Mallow flowers are rich in flavonoids, anthocyanins, tannins, tocopherols (vitamin E) and ascorbic acid (vitamin C).

Another valuable component in our recipe is the pineapple or "the fruits' king", so called because of the bromelain contained in the stem; this substance is attributed proteolytic, soft tissue anti-inflammatory, analgesic, anti-edematous and fibrinolytic properties.

Fruit salad is a fresh and colorful dessert prepared with seasonal fruit, ideal to serve as an end to a meal or for a rejuvenating snack, especially in summer.

You can prepare it with your favorite fruit, following the seasonality: the fruit will be cut into pieces, seasoned with lemon juice and sugar and served with a mint leaf. You can then accompany it with cream, ice cream, custard, depending on your preference.

Lipidomic Recipe

FRUIT MACEDONIA WITH NUTRA PICK AND MALLOW FLOWERS

How to prepare the fruit salad:

Wash the strawberries, remove the stalk and cut into wedges. Peel the kiwi and pineapple and cut them into small pieces. Wash and peel the peach and apricots and cut them into slices or cubes. Wash and stone the cherries. Remove the grapes from the bunch, cut the melon, remove the skin and cut it into cubes. Place all the fruit in a glass bowl and add the lemon or lime juice and Nutra Pick blueberry nectar. Mix gently and pour the fruit salad into individual cups. Add a mint leaf before serving. Your fruit salad is ready to be enjoyed.

Tips

For the preparation of the fruit salad, you can use any fruit you like or have available. Apart from the one used in our recipe, you can choose from apple, pear, watermelon, banana, mango, currant, papaya, etc., which you can find all year round.

In today's recipe, we propose our precious Nutra Pick blueberry nectar, a natural drink with no added sugar to take advantage of all the antioxidant, astringent, vase-protective, hypolipidemic, hypoglycemic, antiplatelet, antiseptic and antiviral properties of the wild blueberry of the Modena's Apennines.

For a more scenography presentation, you can serve the fruit salad inside the melon or watermelon shell.

Article by the Editorial Group of Lipinutragen

The food recommendations in the article are not intended as a substitute for a personalized meal plan and are to be adapted to specific cases.

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