

# SPOTLIGHT ON GOJI BERRY

## WHAT IS GOJI BERRY?

Goji berries are small, bright red berries that grow on a bush originating in China. Also known as wolf berries, goji berries have been used in traditional Chinese medicine for centuries to promote a long and healthy life.

## WHAT ARE THE HEALTH BENEFITS?

Goji berries are nutrient packed and enjoy a reputation as a superfood.

Along with many vitamins and minerals, goji berries contain beta carotene, which promotes healthy hair, and are high in protein and fibre. Goji berries are packed full of anti oxidants and are high in Vitamin C which helps boost our immune system and keep colds at bay.

## HOW DO WE EAT THEM?

Goji berries come in a dried form and have a sweet and tangy taste. They can be enjoyed simply by the handful, or added to your nuts and seeds to make an interesting trail mix.

Goji berries can be used in baking and are a great addition to bliss balls, slices, and cookies. Soak them in some warm water before draining and adding to your favourite smoothie.

## WHERE CAN WE BUY GOJI BERRIES?

Goji berries can be quite expensive, especially the organic varieties. They are easy to find at your local health food shop and are now available in most supermarkets.

## RECIPE

This [home made muesli bar](#) is a great way to incorporate goji berries into your cooking.