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Incaberry makes a comeback

The Incaberry – once known and grown here as the Cape Gooseberry for colonial settlers in NSW – is back in Australia in its native South American form.

Indigenous to the high-altitudes of tropical Colombia, Chile, Ecuador and Peru, the original Incaberry is being launched to the health food market in Australia as a dried fruit.

With a sweet taste, and a sour hit to finish, this entertaining snack is inarguably high-fibre-healthy, and, arguably a natural healer for a diverse array of ailments.

It will require some phoning around to find it a health food store, greengrocer or supermarket right now, but you can buy packs online at www.goodness.com.au. You will find many ways to eat your way to good health through the year. You can:

- Enjoy a handful between meals.
- Add it to yoghurts, cereals and muesli.
- Add to your salads for something new and exciting.
- Replace sultanas, raisins, gojiberries or blueberries in any recipe.
- Use in casseroles, stews, curries and soups.
- Use in place of sour cherries.
- Add to breads, cakes, scones, muffins, slices and biscuits.

- Make jams, pastes and chutneys. It is said to be exquisite when coated with milk chocolate.

Organic Incaberries, says Matt Ward of major organic food supplier Honest to Goodness, are "nutrient dense", and

- higher in antioxidants than goji berries, green tea and blueberries;
- contain more than twice or triple the dietary fibre of most dried fruits.

Dried Incaberries are high in fibre with 19 grams of fibre per 100g of fruit (a quarter cup). This is more fibre than one cup of a high-fibre breakfast cereal, or a salad sandwich on wholegrain bread.

But, more importantly, Incaberries contain soluble fibre necessary for controlling appetite, and reducing cholesterol re-absorption in the intestine.



Dried Incaberries complement cheeses, and can be made into a paste.