

Dried Fruit

left coast
ORGANICS

Organic Dried Goji Berries

Country of Origin: Tibet

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/3 cup (40 g) / par 1/3 tasse (40 g)

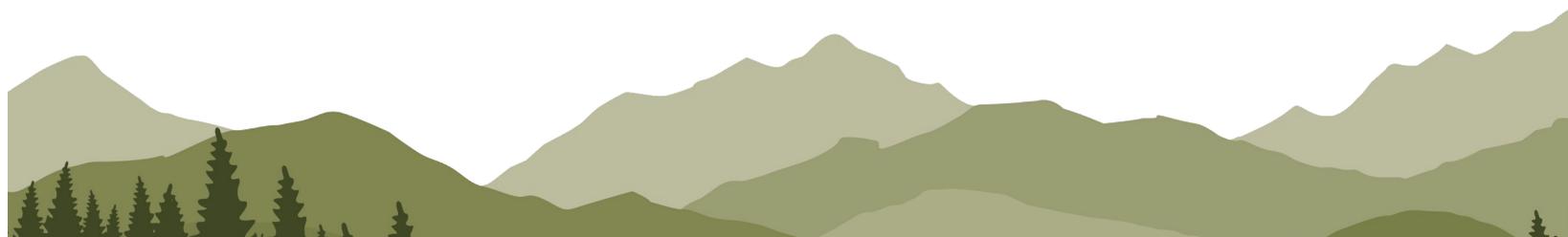
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 230 mg	10 %
Carbohydrate / Glucides 41 g	14 %
Fibre / Fibres 7 g	29 %
Sugars / Sucres 19 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	40 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	10 %
Iron / Fer	25 %

Factoid:

The Goji berry, also known as the Wolfberry, is referred to as a superfruit because of its rich nutrient content, being especially high in vitamin C, iron, and amino acids amongst many other nutrients. They are typically grown in China, Tibet, and Mongolia.

Ingredients:

Organic goji berries.



Recipe:

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Winter Melon Dessert

Ingredients:

1 winter melon, top removed and seeded

1/4 C rock sugar

1/2 sugared winter melon pieces (optional)

1/4 C goji berries, dried

5 red dates, seeded

4 C hot water

Instructions:

1. Place the winter melon into the slow cooker.
2. Sprinkle the remaining ingredients (except the water) inside the winter melon and around the melon.
3. Pour in the hot water.
4. Allow this to cook in the slow cooker for about 6 hours on low heat.
5. Serve warm or cold.

Note: Scrape the soft flesh of the winter melon and serve it with the goji berries and some of the liquid.

