

**For a tasty
blackcurrant smoothie
you'll only need**

- 1,5 dl blackcurrants
- 1,5 dl unflavored yoghurt
- 0,5 dl strawberries
- ½ small apple
- 2 tbsp sugar
- 1 tbsp oat flakes or bran

**Check out the recipe
from the last page!**



Charismatic blackcurrant

Arctic blackcurrant from Finland is a pure, high-quality and aromatic berry. While suitable for various uses at home and in food industry, blackcurrant is also nutritious^[1]:

- ✓ High in fibre
- ✓ High in Vitamin C and K
- ✓ A source of vitamin E and potassium

In addition, blackcurrant contains high amounts of anthocyanins which may have health promoting effects.^[2]

Did you know that...



... Blackcurrants can be enjoyed as such or as a part of different dishes and foodstuffs



... Finnish blackcurrant contains very little pesticides^[3]



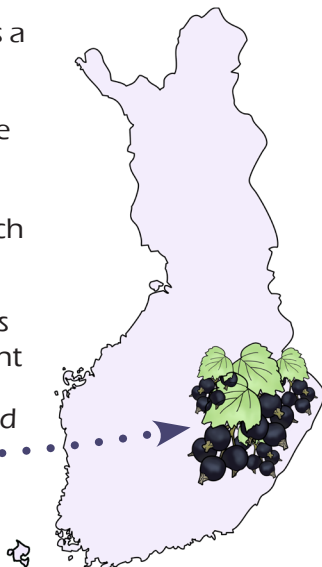
... Blackcurrants are an affordable way to enrich your diet



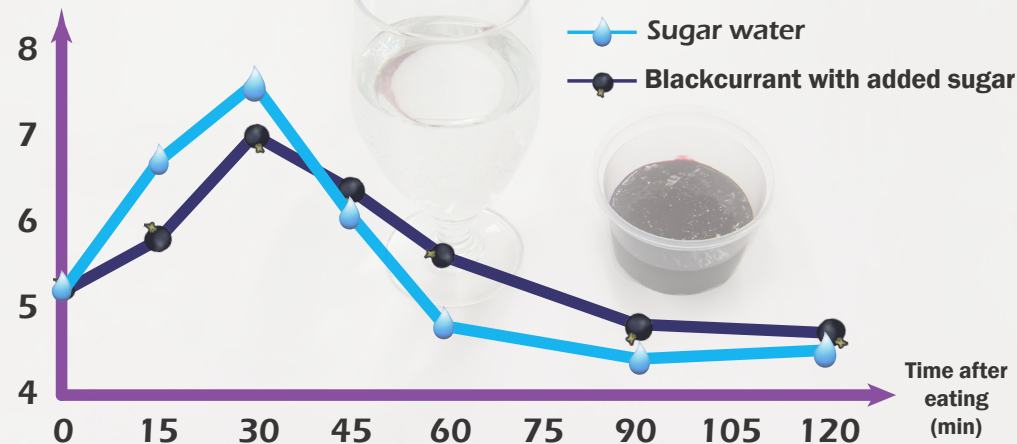
... Farming and vitality in the arctic regions is supported when buying Finnish blackcurrant



... In Finland, farming of currants is concentrated in the **Eastern part of the country**. Almost 80 % of the currants are produced in the Eastern and Central Finland.^[4]



Blood glucose concentration (mmol/l)



Balance for postprandial blood glucose

Rapid increase and following drastic fall in blood sugar level is considered detrimental for blood sugar metabolism when occurring repeatedly. Sugar-induced variation in blood glucose levels is balanced by simultaneously eating blackcurrant^[5,6,7]. The effect has been observed when

the amount of blackcurrant eaten as puree or nectar has been 1.5-3.0 dl. Furthermore, the amount of sugar added to increase palatability of blackcurrant has been 25-35 g. The amount of the added sugar is reasonable and fits with a balanced and diverse diet^[8].

Prepare an easy blackcurrant smoothie



If you use frozen berries melt them a little. Peel the apple, remove the core, and slice the apple.



Put all the ingredients into a blender and blend until smooth.



Pour the ready smoothie into a glass and enjoy!

This leaflet was made in collaboration with Food Valley (2018-2020) and Savolaisuus on makuasia (2019-2021) projects. References:

- [1] Regulation (EC) No 1924/2006 on nutrition and health claims made on foods.
- [2] Koponen J, et al. Contents of anthocyanins and ellagitannins in selected foods consumed in Finland. J Agric Food Chem 55(4) 1612-1619.
- [3] Finnish Food Authority. Pesticide residue control results. <https://www.ruokavirasto.fi/en/companies/food-sector/production/common-requirements-for-composition/residues-of-plant-protection-products/control-of-plant-protection-product-residues-in-food/control-data-of-different-years/valvontatulokset-2018/>
- [4] Natural Resources Institute Finland. Statistics database: <https://statdb.luke.fi/PXWeb/pxweb/fi/LUKE/?rid=ab615221-5e3a-473c-b820-d1ca265f3a6e>
- [5] Lappi J, et al. Blackcurrant (*Ribes nigrum*) lowers sugar-induced postprandial glycaemia independently and in a product with fermented quinoa: a randomized crossover trial. BJN, 2020. <https://doi.org/10.1017/S0007114520004468>
- [6] Törrönen R, et al. Postprandial glycaemic response to berry nectars containing inverted sucrose. JNS 2017;6:e4:1-7.
- [7] Törrönen R, et al. Postprandial glucose, insulin, and free fatty acid responses to sucrose consumed with blackcurrants and lingonberries in healthy women. Am J Clin Nutr 2012;96:527-523.
- [8] Nordic Nutrition Recommendations 2012. Integrating nutrition and physical activity. Nord 2014:002, Nordic Council of Ministers.



The European Agricultural Fund
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