

SUJON RECIPE BOOKLET

Learn heaps of tasty and easy ways to eat your berries



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A GREAT SWEET TREAT AND EASY TO MAKE, JUST MINUTES AWAY FROM ANOTHER SUCCESSFUL DINNER PARTY.

SUJON Blueberry and Lemon Curd Tartlets

2 sweet tart cases - bite size
1/2 cup Lemon Curd
1/2 cup softly whipped cream
2 tablespoons icing sugar
1 cup SUJON Blueberries



Using a piping bag with a large nozzle, half fill the pastry cups with either lemon curd or whipped cream. Place frozen blueberries around the top with a little more lemon curd or cream to finish. Dust with icing sugar to serve.

GREAT FOR HOT AND COLD DAYS AND PACKED FULL OF VITAMIN C. KEEP IN THE FRIDGE FOR LATER USE.

SUJON Blackcurrant Toddy

2 cups SUJON Blackcurrants
1/2 peeled and sliced lemon
1/2 peeled and sliced orange
2 tablespoons honey
8 whole cloves
2 cups boiling water



Bring all of the ingredients to the boil and simmer for 2 minutes, leave to cool slightly before putting into large cups. Can be mixed with water to taste. Will keep in the fridge for 10 days and blackcurrants can be used in a dessert or with cereal and yoghurt in the morning.

**HEALTHY AND TASTY, MORNING OR NIGHT,
THE PERFECT WAY TO FINISH OR START THE
DAY WITH SUJON BERRY FRUIT.**

SUJON Apple Berry & Natural Yoghurt Smoothies with Manuka Honey

1 1/2 cups of SUJON Apple and Berry
1/2 cup natural sweetened yoghurt
2 cups of Soy milk
1 tablespoon honey to taste
1 tablespoon Flax Seed Oil (optional)

Mix all ingredients in a blender or milkshake maker and serve in a tall frosted glass. Add Flax seed oil if desired.



**CAN BE MADE IN ADVANCE SO YOU
CAN SPEND YOUR TIME AT THE TABLE
RATHER THAN IN THE KITCHEN.
A TRADITIONAL FAVOURITE OF
RASPBERRIES AND CHOCOLATE.**

Mille Fuile of SUJON Raspberries & White Chocolate

200g white chocolate
4 eggs separated
100g softened butter
2 teaspoons castor sugar
Crispy Filo or Puff pastry triangles
1 cup SUJON Raspberries

Melt the chocolate gently and then beat in egg yolks one at a time. Add butter, beating well until mixture is glossy and smooth. Whip the egg white until soft peaks form, add sugar and whisk until firm. Fold into chocolate mixture. Chill in a piping bag and pipe onto serving plate, layering with raspberries and pastry until three high. Dredge with icing sugar and serve.



**KEEP IT SIMPLE, KEEP IT TASTY
AND NUTRITIOUS, KEEP IT
SUJON BERRY FRUIT.**

SUJON Raspberry Soup with SUJON Strawberries & Bee Pollen

2 cups SUJON Raspberries frozen
1/2 cup SUJON Strawberries
thawed
1 cup orange juice
1 tablespoon icing sugar
1 pinch ground ginger
1 cup of natural sweetened yoghurt
1 tablespoon Bee Pollen to garnish (available from Health Shops)



In a blender, combine the raspberries, yoghurt, orange juice, icing sugar and ginger. Puree until well mixed. Serve chilled and garnish with strawberries and dollops of yoghurt sprinkled with bee pollen.

**FUN TO MAKE AND BETTER TO EAT. START THE
MORNING WITH SUJON BERRIES AND APPLES
WITH NATURAL YOGHURT.**

SUJON Apple Berry Fruit Crepes with Shaved Chocolate & Natural Yoghurt

250g plain flour
60g butter
1 1/2 cups of milk
3 eggs
2 cups of SUJON Apple and Berry fruit thawed
2 tablespoons grated chocolate
2 tablespoons natural yoghurt

Melt butter and mix with milk and eggs, whisk into flour and leave to rest for 1 hour. If it is too thick, thin with a little milk. Ladle into crepe pans and cook until golden. Place into a tea cup and fill with SUJON Apple and Berry fruit, turn upside down and garnish with more berry fruit, shaved chocolate and yoghurt.



EASY TO PREPARE PARTY FOOD WITH SUJON BERRIES. USE OTHER SUJON BERRIES TO ADD VARIETY.

SUJON Blackberries with Deli Ham & Cucumber in Filo

1/2 cup grated cucumber
1/2 cup diced ham
2 tablespoons sour cream
salt and pepper to taste
1 tablespoon chopped parsley
2 dozen Filo cases
1/2 cup SUJON Blackberries



Mix cucumber and ham with sour cream and parsley, season and fill fillo cups. Slice frozen Blackberries and lay on top, garnish with a little parsley to serve.

GREAT FOR THE LUNCH BOX AND FUN FOR THE KIDS TO MAKE WITH A LITTLE HELP FROM MUM AND DAD.

Smoked Beef, SUJON Boysenberries & Cream Cheese Mountain Bread Wraps

6 Mountain bread (thin bread wraps)
12 lettuce leaves
150g smoked beef sliced thinly
4 tablespoons cream cheese
1 cup SUJON Boysenberries

Lay the wraps out and spread one end with cream cheese, lay the lettuce, smoked beef and then boysenberries at the other end and gently roll towards the cream cheese which will hold it all together. Cut in half and fold a serviette around the wrap to serve.

