

ORGANIC CHRISTMAS SUPER-FRUIT MIX & CRANBERRIES

Submitted by: PR Workshop

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SUPER-FRUIT MIX

Christmas puddings, mince pies and festive cakes and biscuits could be beautifully baked with the Organic Super-Fruit Mix from Essential. This delicious combination of dried sultanas, raisins, currants, cranberries, apples and blueberries comprises 100% organically produced ingredients and is certified by the Vegan Society and Organic Farmers & Growers.

How to use

Simply soak the mix in a little fruit juice (and a dash of brandy if you wish!) to make organic, vegan mince pie fillings. Or use in place of the traditional 'sultana/currant/candied peel' combination in your Christmas pudding recipe for something a little different this year. Add a handful or two to hot apple crumbles, sprinkle it into biscuit bases and stir into festive fairy cakes. This delicious mix is ideal with cereal, scattered over natural yogurt or simply as a sweet snack.

APPLE JUICE INFUSED CRANBERRIES

Save yourself the hassle of preparing fresh cranberries this Christmas with Essential's Apple Juice Infused Cranberries. These tasty little organic cranberry bites are sweetened slightly with organic apple juice and have a little organic sunflower oil added to stop them from clumping together in the pack.

How to use

They are tart and tangy – just as you would expect. But don't just use them in traditional cranberry sauce or jelly. Add them to your Christmas pudding, mince pie fillings and fruit cakes. A handful tossed into hot fruit crumbles works wonders as does tumbling them into muesli. These slightly sweetened cranberry pieces are so delicious you could eat them straight from the pack...

Where to buy

The Essential Organic Super-Fruit Mix is available in 250g and 500g packs priced £2.28 and £4.04 respectively. The Apple Juice Infused Cranberries are available in 250g packs priced around £4.32. Find them in good independent health food shops and online at www.face-of-flowers-organic.co.uk. Look out for the Essential leaf logo on the label that shows you this is food you can trust.

For more information, pictures or samples please contact:

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