

Native to Asia, Europe, North and South America, blackberries can be enjoyed on their own or can be used in recipes such as; blackberry pies, wine, juice, ice cream, jelly, or jam!

Benefits of Blackberries:

Anthocyanins— Found in the pigment of a blackberry, anthocyanins are a powerful antioxidant that help reverse cell-damage caused by free radicals, and are reported to be instrumental in preventing heart disease, cancer, and strokes.

The leaves can be made into a tea and used for — treating non-specific acute diarrhea, and inflammation of the mouth and throat. Can also be helpful in reducing blood sugar levels.

A great source of vitamins— C, E, K, the mineral selenium, high in fiber, and manganese.

Phytoestrogens — high concentrations have been recognized for benefitting women and these are literal “plant estrogens” and have a possible role in preventing both breast and cervical cancer.

Considered an Astringent — with high tannin content, studies show tannins tighten tissue, lesson minor bleeding, and may help alleviate diarrhea and intestinal inflammation. Blackberries have also traditionally been used to alleviate hemorrhoids due to their rich tannin content.



Fun facts about blackberries:

1. There are around 375 species of blackberry.
2. The Greeks used the blackberry for a remedy for Gout, and the Romans made a tea from the leaves to treat various illnesses.
3. In it's first year of growth, a new stem grows vigorously to its full length of 3-6 meters (10-20 feet),.
4. The second year of growth, the stem does not grow any longer, but the flower buds break, producing flowering laterals which have about 3-5 leaflets.
5. In 3.5 ounces (100 grams) of blackberries, there are 43 calories.
6. They can provide cognitive benefits, enhance in memory, assist with weight management, and improve vision.

Blackberry Swirl Muffins with Honey Butter By: *halfbakedharvest*

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 18 muffins

Ingredients:

- 1/2 cup melted coconut oil or olive oil
- 1/2 cup real maple syrup
- 2 tsp. vanilla extract
- 1 cup buttermilk
- 1 cup plain Greek yogurt
- 2 eggs
- 1 1/2 cup all-purpose flour
- 1 cup white whole wheat flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 Tbsp. orange zest
- 2 cups fresh blackberries

Honey Butter:

- 4 Tbsp. salted butter, at room temperature
- 2 Tbsp. honey
- 1/2 tsp. cinnamon



Directions:

1. Preheat oven to 350 degrees. Line 18 muffin tins with paper liners.
2. In a large mixing bowl, whisk together melted coconut oil, maple syrup, vanilla, buttermilk, Greek yogurt, and eggs until smooth. Add the flour, whole wheat flour, baking powder, and salt, mix until combined.
3. In a small bowl, gently mash 3/4 of the blackberries with a fork until some of the juices are released. Stir in the remaining blackberries and orange zest, then gently fold all of the blackberries into the batter, being careful not to over mix. Remember you are going for a blackberry swirl look.
4. Divide the batter evenly among the prepared muffin tins. Transfer to the oven and bake for 20 minutes or until toothpick inserted comes out clean.
5. Meanwhile, make the honey butter. In a small bowl, stir together the butter, honey, and cinnamon.
6. Serve the muffins warm or at room temperature with a smear of honey butter. Enjoy!