

Reduced Sugar Raspberry Mousse Cake

using Braun Reduced Sugar range

Raspberries:

- Antioxidant properties: lowering oxidative stress, reducing inflammation and thereby altering development and reproduction of cancer cells.
- Potassium: regulate heart and blood pressure. Serves as an electrolyte by becoming ionized in solution. Assists nervous system for correct functioning of tissues. Helps muscles contract.
- Manganese: turning energy in food to cell-soluble energy as ATP. Therefore, regulates glucose metabolism.
- Iron: reduce incidence of Iron Deficiency Anaemia (fatigue, dizziness), transportation of oxygen around the blood, carries O₂ stores through myoglobin. Increases oxygen uptake.
- Copper: formation of red blood cells, keeps blood vessels, nerves and immune system healthy. Healthy bones.
- Vitamin C and Magnesium: improve fertility, promote contraception by protecting sperm health, reducing the risk of miscarriage.
- Mood and memory boosting: preventing brain damage and memory loss associated with ageing (from antioxidant properties). Anthocyanin works in synergy with quercetin to prevent eye-related memory loss.
- Boost immunity from Vitamin C. Also maintains eye health.

Reducing Sugar Intake:

- Reducing sugar intake results in you having more energy, lose weight or stay at a healthier weight more easily. Triglycerides drop and fewer dental cavities occur.
- Fewer crashes: due to reduced number of reactive hypoglycemia (the 'crash' which results in sleepiness, hunger, anxiety that occurs 1-3 hours after eating a sugary meal). Avoiding sugary foods particularly on an empty stomach will stave off these symptoms.
- Sugar-laden treats are high in calories and often high in fat, low in fibre and other nutrients; contributing to obesity and metabolic syndrome (a precursor to Diabetes).
- Decreasing triglyceride levels in the blood will reduce the risk of heart disease and stroke.
- Fewer cavities: sugar traps bacteria and forms sticky carbohydrates and protein on the enamel of the teeth. The bacteria use fructose in the carbohydrate sugar to create lactic acid which wears away tooth enamel.
- Helps you look younger! Sugar is reported to contribute to the breakdown to two skin proteins, elastin and collagen. Cutting sugar in the diet will help you look younger.

Bibliography

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