



Iron Age berries



What will you need:

50g blackberries

50g raspberries

50g cherries

50g strawberries

Honey

As much cream as you want!

Measuring scales

Bowl

Spoon



Method:

- 1 Measure out the berries into a bowl.
- 2 Pour over as much cream as you like.
- 3 Add a drizzle of honey.
- 4 Dig in! You can also try this with a soft cheese like ricotta.

Fun fact:

People in the Iron Age couldn't eat this all the time! They had to collect the berries from trees and bushes.

This was a tasty treat when berries were ripe, in the summer and early autumn.

