



## SWEET PRESERVES

### **History:**

Sweet preserves are a traditional type of sweet that is prepared throughout all seasons all over Greece and other places all over the World. This processing technique dates back to Ancient Greece - as a way to preserve quinces initially, and other fruits following that. Ancient Greeks boiled quinces in low fire, adding honey and the end result was named 'Melimillon'.

The economic and ecological advantage of this technique is that it constitutes a very effective way to preserve fruits and vegetables that come aplenty in their season, so as they will not be wasted and be consumed all through the year.

### **Nutritional Value:**

Sweet preserves are one of the healthiest ways to deal with one's sweet cravings. The calories contained derive exclusively from simple hydrocarbons and stand at 40-50 calories per spoonful. Though they have a relatively high content of simple sugars, these are preferable compared to other creamy sweets - whose caloric value for the same quantity can be significantly higher, as sweet preserves do not contain butter or other animal or vegetable fats. Their nutritional value becomes even more elevated if we add nuts, spices (cinnamon, clove), or combine them with yogurt and ice cream.

### **Vitamins & Natural Fibers:**

The content of the sweets in vitamins varies according to the fruit. Though heat destroys some part of the water-soluble vitamins B and C, a great part still remains in the final product intact. Moreover, vitamin A that is contained in many fruits in the form of carotenes and lycopene can withstand the thermal process, thus being transferred intact to the sweets. Sweet preserves have a high anti-oxidant content (vitamin C, B-carotene) that protect the heart, protect against cancer and bolster the body's immune defenses.

Research performed on blackberry juice, has indicated that a great part of polyphenols and antioxidants is preserved even after being stored for a year. Finally, we must not forget the natural fibers present in sweet preserves but absent in other types of sweets. Sweet preserves are rich in antioxidants, they reduce fat storage and contain no fats!