

A concentrated source of natural energy...



South African raisins are 100% naturally sundried grapes.

South African raisins are produced in the Orange and Olifants river regions, which are in the Northern and Western Cape respectively.

These regions experience exceptional levels of sunshine, on average 10.5 hours every day between January and March, which is when the fruit is harvested and naturally sundried. The dry, sunny climate, along with the ample supply of water from the rivers, makes ideal growing conditions to produce the highest quality raisins.

South African raisin varieties to look out for:

- **Thompson** - brown to dark brown in colour with a rich and sweet flavour
- **Golden** - light yellow to golden in colour with a soft texture
- **Flame** - dark deep red/black in colour, sweet flavour and a soft, chewy texture

ADD THE 'NATURAL POWERHOUSE' TO YOUR FAVOURITE RECIPES



Juicy South African Raisin, Avocado and Feta Salad



South African Rum and Raisin Vegan Fruit Cake

Raisins are packed full of nutrients, such as fibre, iron, calcium and antioxidants. Because most of the water is extracted from dried fruits their nutrients are concentrated. Raisins are also incredibly versatile. Eat them on their own

as a quick, healthy snack, or use them in porridge, cereals, salads, stews, baking, pasta and many more delicious recipes. They also provide a cost-effective way of eating healthily due to their long shelf-life.

Find all the beautiful recipes from 'Raisins South Africa', including the two featured at:



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DID YOU KNOW?

30g of raisins counts as 1 of your 5-a-day, compared to 80g of fresh fruit!