

BLUEBERRY, BANANA & ORANGE SMOOTHIE

Serves 1 to 2.

By Dennis W. Viau; modified from an Internet recipe.

Blueberries are ranking higher and higher because of the health benefits of their antioxidants. Many stores offer them frozen in the freezer case, making them conveniently available year round. Why not enjoy them in a smoothie?



Ingredients:

$\frac{3}{4}$ cup (177ml) water or orange juice
3 ounces (80g) frozen blueberries
1 medium orange or two mandarin oranges, peeled (about 100g)
1 medium banana
Optional: 1 tablespoon flax seeds or chic seeds

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

Note: When I see water in a recipe I often wonder how juice might be used to improve the flavor.