

ANOTHER BERRY SMOOTHIE

Makes 2 to 3.

By Dennis W. Viau; modified from a book recipe.

Berries and bananas seem to be the most common fruits with which to make delicious smoothies. No complaints from me — I love the flavors.

Ingredients:

1 cup (130g) blueberries, fresh or frozen
1 cup (120g) raspberries, fresh or frozen
10 strawberries (200g), fresh or frozen
1 banana, fresh or frozen
2½ cups (600ml) almond milk
2 teaspoons honey
¼ teaspoon vanilla extract

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.

Those needing numbers for calories, carbohydrates, fiber, etc. can find that information on product Nutritional Facts labels and on the CalorieKing.com web site.

