

BANANA, BERRY & POMEGRANATE SMOOTHIE

Makes 2.

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

This recipe was an example of one that was written as an idea but never tested. For this smoothie to be drinkable, as opposed to spoonable, the liquid had to be increase quite a lot. Nonetheless, the final formula made a delicious smoothie.

Ingredients:

1 banana (frozen pieces okay)
½ cup (80g) frozen strawberries
½ cup (80g) frozen blueberries
1¾ to 2 cups (400 to 475ml) pomegranate juice
1¾ to 2 cups (400 to 475ml) coconut milk
Optional: 1 tablespoon flax seed

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.

