

BLUEBERRY BLACKBERRY SMOOTHIE

Makes 2.

By Dennis W. Viau; an original recipe.

Smoothies are an excellent way to use up extra fruit, whether frozen (if you have a high-end blender) or fresh. I had some blackberries to use; so they ended up in this smoothie.

Ingredients:

- 1 cup (120g) blueberries, frozen or fresh
- 1 cup (120g) blackberries, frozen or fresh
- 2 tablespoons almond butter
- 1 cup (240ml) pomegranate juice
- 1 cup (240ml) coconut milk
- 1 tablespoon chia 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.

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

