

BLUEBERRY, ORANGE & POMEGRANATE SMOOTHIE

Serves 1 to 2.

By Dennis W. Viau; modified from a Perfect Blend recipe.

The combined antioxidants of blueberries and pomegranate in this smoothie make a powerfully nutritious beverage that is as delicious as it is healthy. I think mandarin oranges have the richest “orange” flavor; so I am preferring them more and more in my smoothies.

Ingredients:

¾ cup (177ml) pomegranate juice

3 ounces (80g) frozen blueberries

1 medium orange or two mandarin oranges, peeled (about 100g)

1 medium banana (pieces can be frozen)

Optional: 1 tablespoon chia seeds or flax 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 you are using a conventional blender that might be damaged by ice, the frozen ingredients can be thawed before blending.

