

BLUEBERRY, STRAWBERRY & AÇAÍ SMOOTHIE

Makes 1.

By Dennis W. Viau; an original recipe.

Lately I've given myself the task of using up the frozen fruits in my freezer. They're perfect for winter, but summer is quickly approaching — a time for fresh fruit. One advantage of smoothies is that they provide an opportunity to help clear the freezer.

Ingredients:

½ cup (60g) frozen blueberries
¾ cup (70g) frozen strawberries, quartered
1 cup (240ml) acai juice
1 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 30 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.

