

RED WINE SMOOTHIE

Serves 2 to 3.

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

When I saw this recipe, I knew I had to try it. One reason in particular: I had bought four bottles of syrah on sale and I already had 11 bottles put away. I don't drink wine; I bring a bottle with me when invited to dinner. It was time to use some wine.

Ingredients:

- 1½ cups (355ml) red wine, such as syrah
- 2 cups (275g) mixed frozen berries (raspberries, blackberries, and blueberries)
- 1 cup (240g) yogurt
- 1 tablespoon honey
- 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.

