

TRIPLE BERRY (2)

Serves 1 to 2.

By Dennis W. Viau; modified from one of my other recipes.

My first Triple Berry smoothie taught me the importance of blending colors as well as flavors. For this recipe I use pomegranate juice for its rich violet color, which goes well with the color of the berries. So this smoothie not only has a bright berry flavor, it also has an appetizing color.

Ingredients:

½ cup (120ml) pomegranate juice

½ cup (120g) yogurt

½ cup (75g) frozen strawberries

½ cup (75g) frozen blueberries

½ cup (60g) frozen raspberries

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.

When using a conventional blender that might be damaged by ice, allow the frozen ingredients to thaw before blending.

