

BERRY BREAKFAST SMOOTHIE

This smoothie is all about the berries—whether you choose strawberries, blueberries, raspberries, or blackberries (or some delightful combination), they're all full of blue and red anthocyanin compounds, natural pigments that give them their beautiful colors. Juicy and delicious, berries are also high in vitamin C, and they are all rich in antioxidants, which help to slow down the aging process, and protect the body against cancer and other inflammatory diseases, and blueberries and blackberries top the charts, boasting up to two hundred compounds with antioxidant qualities—so enjoy these superfoods whenever you have the opportunity.



Makes 2 (10-ounce) Servings

Ingredients:

1 cup fresh or frozen berries (strawberries, blueberries, raspberries, blackberries, or a combination; see Note)

½ cup freshly chopped kale leaves (remove the stalks before chopping)

¼ cup chopped broccoli

½ banana

½ cup diced fresh pineapple

½ avocado, pitted and peeled

About 1 cup fresh orange juice

In a blender, place the berries, kale, broccoli, banana, pineapple, and avocado. Slowly add the orange juice to the blender carafe, ¼ cup at a time, pulsing the blend. Continue adding more juice and blend until you've reached the smoothie consistency you like. Serve immediately, as the nutrients in the smoothie diminish over time.

Ingredient Note: *Eating fresh or frozen blueberries or blackberries helps reverse the physical and mental signs of aging. Our veins become less at risk of blood clots, our heart tissue becomes stronger and more flexible, our blood pressure goes down. We are less likely to develop autoimmune or inflammatory disease simply by eating a daily 6-ounce portion of these marvelous berries.*

Each Serving:

165 calories (kcal)

8 g fat

0 mg cholesterol

25 g carbohydrates

7 g dietary fiber

3 g protein

14 mg sodium

2,065 IU vitamin A

105 mg vitamin C

55 mg calcium

1 mg iron