

Fruit and Flax Smoothie

By Anita Pawlak

A tasty blend of fruit with a touch of flax seed blended together makes a healthy smoothie packed with vitamin C and antioxidants. As a bonus, this recipe takes less than ten minutes and it's kid-approved. Add 2 ice cubes before blending for a colder, thicker drink. Fresh and frozen berries both work well.

Ingredients:

½ cup	blueberries
6	strawberries, hulled and washed
½ cup	diced ripe red papaya
½ cup	diced fresh pineapple
1	banana
1 tsp	ground flax seed
1 cup	pomegranate juice or pomegranate juice blend

Directions:

1. Place blueberries, strawberries, papaya, pineapple, banana, flax seed, and pomegranate juice in a blender jar. Pulse until ingredients are just combined, then blend until mixed and smooth, about 90 seconds.
2. Pour and serve. Or keep in the refrigerator in blender jar until ready to use.

Makes 3 servings.

Nutrition analysis per serving: 130 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 31 g carbohydrate, 3 g fibre, 23 g sugars, 2 g protein. % Daily Value: Vitamin A 6%; Calcium 4%; Vitamin C 60%; Iron 2%

Nutrition Tips:

- For nutritious fruit popsicles, pour the mixture into Popsicle trays and freeze.
- This smoothie can be made with a variety of juices including orange, blueberry, açai, and cranberry. Choose 100% fruit juices with no sugar added.
- Wheat germ or wheat bran can be substituted for the flax seed.
- For added calcium, blend in ½ cup plain low-fat all natural yogurt.
- Serve with a bran muffin or half a whole wheat English muffin along with a cheese string for a fast and nutritious breakfast.
- For extra convenience, assemble all ingredients in blender jar and refrigerate overnight. In the morning, just blend and go.

Simply Delicious and Nutritious Vegetable & Fruit Recipe Contest Winner, 2007

