

Healthy Eating

Give Blueberries A Whirl In A Nutritious Smoothie

(NAPSA)—Fast, easy and nutritious smoothies are perfect any time of the year—for a quick start on the morning or as an afternoon pick-me-up. Begin with a few ingredients and make a super-fast Blueberry Blast, a recipe from “Blend It!,” published by “Good Housekeeping.” Or try a refreshing Blueberry Fruit Shake.

Blueberries are ideal in smoothies for their sweet, juicy taste and their convenience. No need to peel, chop or core—just rinse and drop them into the blender. Now, research gives us even more reasons to enjoy blueberries often. Blueberries rank high in disease-fighting antioxidants that may defend against the occurrence of cancer and heart disease. In addition, compounds in blueberries have been shown to help reduce the incidence of urinary tract infection.

Blueberries—fresh, frozen, canned or dried—are available year-round, so you can enjoy their health benefits and their sweet, juicy flavor every day.

BLUEBERRY BLAST

Adapted from “Blend It!,” a new book from Good Housekeeping Cookbooks.

- ½ cup cranberry juice cocktail**
- 2 (6-ounce) containers low-fat blueberry yogurt**
- 1 cup frozen, fresh or canned (drained) blueberries**

In blender, combine cranberry juice, yogurt and blueberries; blend until smooth and frothy. Pour into 2 glasses and serve immediately.

YIELD: 2 servings



A blueberry blast in a glass is a quick and nutritious snack to enjoy anytime.

BLUEBERRY FRUIT SHAKE

- 2 cups frozen, fresh or canned (drained) blueberries**
- 1 cup fresh or frozen mixed fruit (including cantaloupe, honeydew, peaches, etc.)**
- 1 cup milk**
- 1 tablespoon sugar**
- 2 teaspoons vanilla extract**

In blender, combine blueberries, mixed fruit, milk, sugar and vanilla extract; whirl until smooth. Pour into glasses and serve immediately.

YIELD: 2 to 3 servings

To find more blueberry health information and recipes, go to www.blueberry.org. To request a blueberry recipe leaflet, send a stamped, self-addressed envelope to: Healthful Blueberry Treats, 2390 East Bidwell, Suite 300, Folsom, CA 95630.