



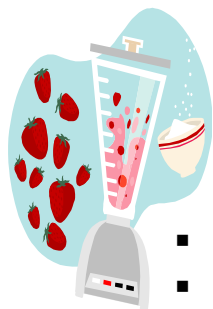
# BLUEBERRY-BANANA SMOOTHIE



**1 serving**

**prep time: 3 minutes**

- 1 large banana (the riper, the better)
  - 1/2 cup frozen blueberries, or any other frozen fruit
  - 1 cup milk (low-fat cow's milk or soy milk)
1. Put everything in a tall container (a really large empty jar is great!)
  2. Blend with blender wand until smooth.
  3. Drink!



### Variations:

- Use strawberries, raspberries, or any fresh fruit.
- Of course you can use a regular blender. But blender wands are inexpensive (about \$15) and save cleanup for quick soups and smoothies.

### *Blueberries on the Brain*

*Tufts researcher Jim Joseph calls blueberries the "brain berry." His studies show that blueberries can actually reverse brain decline in aging animals. In fact, he found that blueberries have more health-promoting antioxidants than fifty other fruits and vegetables!*

**For more recipes visit:**

[http://www.unh.edu/health-services/good\\_eats/index.html](http://www.unh.edu/health-services/good_eats/index.html)

