

# RED ANTIOXIDANT POWER SMOOTHIE



Sometimes our bodies just want a fruit smoothie. While we don't recommend going all-fruit all the time, it's okay to enjoy 100% fruit smoothies on occasion. Especially when it's packed with pomegranate seeds, grapes and strawberries that are particularly high in nutrients and antioxidants. A [small study](#) with heart patients suffering with severe carotid artery blockages were

given an ounce of pomegranate juice daily for a year, the results showed the people who took the pomegranate juice experienced lowered blood pressure by over 12%, with a 30% reduction in atherosclerotic plaque, while the placebo participants experienced their atherosclerotic plaque increase by 9%. Enjoy this not-too-sweet fruit only smoothie the next time you need a refreshing beverage.

## INGREDIENTS

- 1 cup (250 ml) coconut water
- ½ pomegranate, seeds only
- 1 large handful of red grapes
- ½ cup (75 g) strawberries

**1 handful of ice**

## SUBSTITUTIONS

- Pomegranate – raspberries, blueberries, goji berries
- Grapes – blackberries, mulberries
- Strawberries – black currants, raspberries
- Coconut water – coconut milk, almond milk, hazelnut milk, rice milk, hemp milk.

## DIRECTIONS

1. Wash all produce well.
2. Prepare pomegranate by following this easy 3-step, no-mess process from the [Pomegranate Council](#), to show you how to de-seed a pomegranate.
3. Add all ingredients into the blender and blend on high for 45 – 60 seconds until smooth.

Servings: 1

Serving Size: 16 - 18 oz (500 ml)