

Recipe for Moderately Trendy BlueCherryGranate Smoothie

Serves 1

1/2 ripe banana, chunked

1/2 cup frozen blueberries

1/2 cup frozen dark sweet cherries (NOT in syrup, please)

1/2 cup plain nonfat yogurt

1/2 cup pomegranate-blueberry juice (or straight pom. juice)

2 teaspoons ground flaxseed

Toss ingredients in a blender and whirl.