

VERY BERRY SMOOTHIE

SERVES 1 - LOW ANTHOCYANIN

INGREDIENTS

- ½ cup frozen blueberries (60g)
- ½ medium banana (50g)
- 1 tablespoon nut butter
 - e.g. peanut, almond (25g)
- 1 cup milk of choice e.g. dairy, soy (250ml)
- ½ cup high protein yogurt (130g)
- Ice

DIRECTIONS





































1. Place all ingredients in high speed blender
2. Blend until smooth
3. Pour smoothie into glass and enjoy

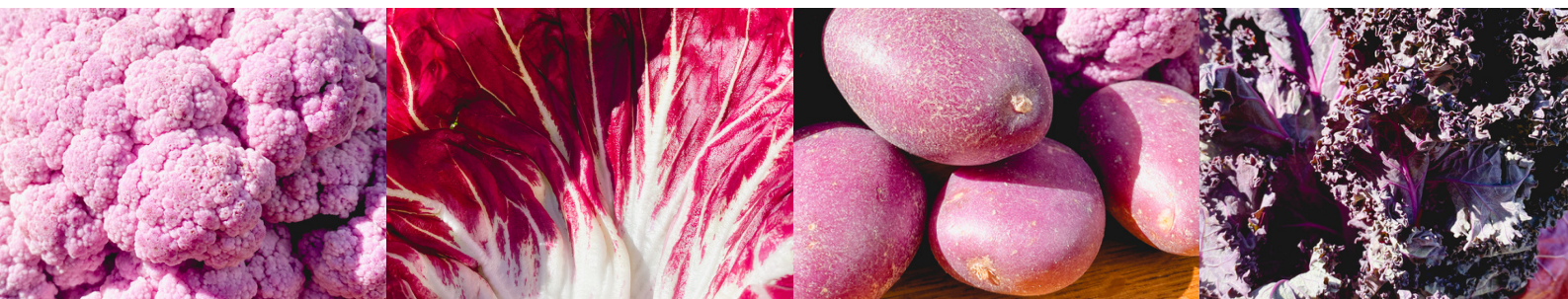


Gently steam or roast purple veggies including eggplant, purple kale, purple potatoes, purple cauliflower, radicchio and red onion with a glug of olive oil. A quick cooking time leaves them crisp and tender, and retains more anthocyanins.



SIMPLE FOOD SWAPS TO INCREASE THE ANTHOCYANINS IN YOUR FAVOURITE MEALS

	Brown onions			Red onions
	Green grapes			Red & Purple grapes
	Green Cabbage			Purple Cabbage
	White wine			Red wine
	White rice			Black rice
	Iceberg Lettuce			Red leaf lettuce
	Cauliflower			Purple Cauliflower
	Green apples			Red apples
	Marmalade			Berry jams
	Orange Juice			Blood orange juice
	Chickpeas			Blackbeans
	White vinegar			Red wine vinegar



WHAT'S IN SEASON FOR ANTHOCYANINS? SUMMER

FRUIT

- Blackberry
- Blueberry
- Boysenberry
- Cherry
- Currant
- Guava
- Mulberry
- Raspberry
- Rhubarb
- Strawberry

VEGETABLES

- Purple asparagus
- Eggplant
- Radish

