

Ann's Morning power smoothie

This is my favorite smoothie. Sometimes I make slight fruit variations depending upon what I have on hand, but I pretty much stick to these ingredients. Look for coconut water at your local natural foods store, or in the beverage section of some supermarkets. Coconut water is an excellent source of potassium, and it naturally rehydrates the body with electrolytes. Apple juice, berry juice, or orange juice will also work well in its place. I like to add a green vitamin powder to give my smoothies an extra boost of nutrition: There are many kinds available, so read the labels carefully, and choose a green vitamin powder that's made mostly from fruits and vegetables. **Makes about 3½ cups**

**1 (11.2-ounce) container
coconut water**

**1 tablespoon soaked flaxseeds
(recipe follows), drained**

**1 cup assorted fresh
or frozen berries**

**3 tablespoons soaked almonds
(recipe follows), drained**

**1 tablespoon green
vitamin powder**

**½ cup fresh or frozen
peach or mango chunks**

1 ripe banana, peeled

Blend all the ingredients in a blender until smooth. Pour the smoothie into glasses and serve immediately.



During the warm-weather months, a smoothie is the perfect way to start your day: It's cool and delicious, and it's also a smart tool for incorporating into your diet the extra antioxidants, fiber, and other nutritional powers that various fruits offer. I like a smoothie with just the right amount of texture—not thin like a juice, but not so thick that you'll have to eat it with a spoon. The ideal smoothie is also balanced in flavor; it allows a hint of each fruit, but no one ingredient overpowers the others. When nuts and seeds are blended in, they give the blended fruit more body and a subtle crunch, not to mention a boost in the health benefits.

smoothies