

# Blue-Cranberry Smoothie

BC Blueberry Council



Blueberries are well known for their high antioxidant levels, but did you know that cranberries are also little bundles of health? One cup of cranberries is high in vitamin C, fiber and only contains 45 calories! You can sip this simple smoothie if you have a poor appetite and need hydration. It is also a good option if you have a sore throat or find food hard to swallow. Try using an almond drink or soy beverage in this recipe instead of the water for extra calories and protein. Or replace the yogurt with any kind of milk or a soy or nut beverage for a thinner texture.

## Recipe

2 cups	blueberries, fresh or frozen	500 mL
1 cup	fresh cranberries, whole	250 mL
1 1/2 cups	2% to 4% vanilla yogurt	375 mL
1 1/2 cups	cranberry juice blend or cocktail	375 mL
2 cups	water	500 mL
2 tbsp	fresh mint	30 mL

Put all the ingredients into a blender and blend until smooth. Pour into chilled glasses and serve immediately. Makes 4 servings.

To see nutritional information and the full recipe, go to the Canadian Cancer Website by clicking [Here](#).