

Raspberry Brain Boost Fruit Smoothie

Quantity: 700 ml

Serves 2

Ingredients

150g fresh raspberries

1 large ripe banana

200 ml cranberry, or raspberry and cranberry
juice drink.

200 ml unsweetened soya milk (or similar
non-dairy drink)

1 tsp of flaxseed oil or ground flaxseeds

Method

1. Wash the raspberries.
2. Put all the ingredients into a food liquidiser, and blend until smooth and thick.

If the smoothie is too thick, just add a splash more milk or juice and whizz around again.
3. Keep in the fridge and use the day you make it.

Variations

If you want to avoid added sugar, replace the juice drink with grape juice or pomegranate juice.

For a thicker, cooler smoothie, use 150g of frozen raspberries or frozen mixed berries instead of the fresh raspberries.

Try replacing some or all of the soya milk with coconut milk, non-dairy ice cream (such as Swedish Glace) or soya fruit yogurt (available in a wide variety of flavours).

Experiment with different fruit combinations - peaches, kiwi fruit, passion fruit and melon all work well.

