



BLACKCURRANT BOOST

This drink is crammed full of anthocyanin rich berries - very powerful antioxidants! Anthocyanins help to protect against ageing in various ways - in particular by promoting the health of blood vessels and preventing the destruction of collagen to keep your skin looking good!

Serves 1	Ready in 5 mins	Cost per serving £1.80	Will it freeze? X
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- **20g** fresh or thawed frozen blackcurrants
- **20g** fresh or thawed frozen blueberries
- **40g** fresh or thawed frozen raspberries
- **20g** stoned fresh cherries
- **100ml** purple grape juice.

I WHIZZ IN A BLENDER

Place all the ingredients in a liquidiser or food processor and blend until smooth.

Each portion contains approx. 83 cals, 18g sugar, 0g fat, trace salt

In season: Blackcurrants

Need a seasonal uplift? The British blackcurrant crop has just reached its peak. Grown and bred especially for their deep colour, British blackcurrants have especially high levels of vitamin C. If you have a surplus, you can always preserve them by making jam or jelly, or they can be frozen then defrosted to make wonderful trifles, crumble, pies and fools.

