

# Cooling smoothies

## Banana-Berry Blast (makes 4 servings)

- 2 cups ice cubes
- 2 cups fresh raspberries, frozen
- 2 bananas, peeled and cut into 1"-thick slices
- 1 cup orange juice

In blender, combine ice cubes, raspberries, bananas and orange juice. Puree 1 min., or until smooth. Divide mixture evenly among 4 chilled glasses. Garnish with raspberry-and-banana skewers, if desired. Or, for an extra-thick creamy version of this drink, substitute orange sherbet for orange juice.

**Per serving:** Cal. 113 **Pro.** 1g **Carb.** 26g **Fiber** 6g **Chol.** 0mg  
**Sod.** 8mg **Total fat:** 1g **Sat.** 0g **Trans.** 0g

**HEALTH BONUS** Keep your heart healthy with bananas. This delicious fruit is one of the top sources of potassium, a mineral that regulates heart rhythm and lowers high blood pressure by as much as 13 points.



## Mango Lassi (makes 4 servings)

- 2 ripe mangoes, peeled, diced and frozen
- 2 cups plain yogurt
- ½ cup mango nectar
- ¼ tsp. vanilla extract
- 1 lime, zested and juiced

In blender, combine mangoes, yogurt, mango nectar, vanilla extract, 1 Tbs. lime juice and ¼ tsp. lime zest. Puree 1 min., or until smooth. Sweeten mixture to taste with honey or sugar, if desired. Divide mixture evenly among 4 ice-filled glasses.

**Per serving:** Cal. 186 **Pro.** 6g **Carb.** 28g **Fiber** 2g **Chol.** 6mg  
**Sod.** 84mg **Total fat:** 2g **Sat.** 1g **Trans.** 0g

**HEALTH BONUS** Ward off headaches with yogurt. Thanks to its stores of the B-complex vitamin *riboflavin*, this dairy treat prevents oxygen-depriving free radicals from hurting brain cells, reducing headache frequency by up to 70 percent.



## Chocolate-Mocha Frappé (makes 4 servings)

- ½ cup heavy cream
- 2 cups chocolate ice cream, softened
- ⅔ cup milk
- 2 Tbs. instant espresso granules
- ¼ cup bittersweet chocolate shavings

In bowl of electric mixer on medium speed, beat heavy cream 2 min., or until stiff peaks form. In blender, combine ice cream, milk and espresso granules. Puree 1 min., or until blended. Divide mixture evenly among 4 chilled glasses. Divide whipped cream among glasses; top with chocolate shavings.

**Per serving:** Cal. 271 **Pro.** 5g **Carb.** 28g **Fiber** 2g **Chol.** 40mg  
**Sod.** 54mg **Total fat:** 17g **Sat.** 11g **Trans.** 0g

**HEALTH BONUS** Think faster with bittersweet chocolate. This tasty dark treat contains *epicatechin*, an antioxidant that increases blood flow in the brain by 47 percent, boosting visual and verbal memory and the ability to switch between tasks.



## Cucumber-Mint Refresher (makes 4 servings)

- 1 large cucumber, peeled (if desired), seeded and chopped (about 2 cups)
- 2 cups cubed honeydew or cubed cantaloupe, frozen
- 2 cups lemon yogurt
- 2 Tbs. chopped fresh mint
- ¼ tsp. lemon zest

In blender, combine cucumbers, frozen melon, lemon yogurt and mint. Puree 1 min., or until smooth. Divide mixture evenly among 4 chilled glasses. Garnish with cucumber slices, if desired.

**Per serving:** Cal. 144 **Pro.** 7g **Carb.** 28g **Fiber** 1g **Chol.** 8mg  
**Sod.** 98mg **Total fat:** 2g **Sat.** 1g **Trans.** 0g

**HEALTH BONUS** Reduce the risk of cancer with mint. This lightly sweet, tasty herb contains *perillyl alcohol*, a phytonutrient that has been shown in studies to prevent the proliferation of malignant cells.

