

## GIVE THANKS RED SMOOTHIE

Bright red berries are among the richest sources of health-promoting antioxidants. This smoothie gives you another way to drink your grapes and berries, along with other nourishing fruits. If you're serving this at your Halloween shindig, the red, blood like color is sure to give guests a double take.

### Ingredients

Makes about 4 servings

1 cup ice cubes

1/2 cup fresh cranberries

1/2 cup red grapes

1/2 cup fresh pineapple chunks, or 1 can (4-ounce) pineapple chunks packed in juice, un drained

1/2 cup fresh or frozen raspberries

5 drops of Stevia sweetener (optional)

### Directions

Put all the ingredients in a blender. Turn the blender on low speed and gradually increase to high speed, processing until smooth.

### Nutrition Information | Per serving (1/4 recipe):

calories: 52; fat: 0.2 g; saturated fat: 0 g; calories from fat: 2.8%; cholesterol: 0 mg; protein: 0.5 g; carbohydrate: 13.4 g; sugar: 9 g; fiber: 2 g; sodium: 3 mg; calcium: 20 mg; iron: 0.5 mg; vitamin C: 18 mg; beta-carotene: 21 mcg; vitamin E: 0.4 mg