

Superfruit Smoothies

Berries + Blender = Breakfast Or Snack In No Time

(NAPSA)—No time for breakfast? Fading at four? Need a late-night pick-me-up? With individually quick frozen (IQF) red raspberries, a blender and one or two other ingredients, you can deal with hunger in just minutes. You'll satisfy your rumbling stomach and be getting some good nutrition as well, all for very few calories.

Just start with a bag of individually quick frozen raspberries from the freezer, add some milk, soy milk or juice and let the blender take over. Pour out, sip and be satisfied.

Everybody loves raspberries. In a recent poll consumers named them one of their top two favorite fruits, right after strawberries. The nutrition gurus like raspberries, too, because they are high in antioxidants, are an excellent source of vitamin C and provide a whopping 22 percent of the daily value for fiber, 6 percent of folic acid, 41 percent of manganese and 12 percent of vitamin K. Even more good news—the calorie cost for all those nutrients is just 60 calories per cup of berries, and with no sodium, no cholesterol and no saturated or trans fats.

Raspberry growers in Washington state (a leading raspberry producing state) carefully harvest and individually quick freeze only the very best berries, so that you can enjoy top-quality red raspberries all year 'round and at a reasonable price.



Top: Raspberry Chocolate Frappé. Right: Berry Breakfast Smoothie. Left: Red Raspberry Lemon Slush

So keep a couple of bags of IQF Washington red raspberries on hand in the freezer for blender specials, to add to hot or cold cereal, to stir into muffin or pancake batter, to swirl with yogurt or to enjoy au naturel.

Raspberry Chocolate Frappé (top): In blender, combine 1 cup IQF Washington red raspberries and 1 cup chocolate soy milk. If you wish, use vanilla or coffee soy milk in place of chocolate.

Nutrition: 200 calories; 4 g fat; 18 percent of calories from fat; 8.5 g protein; 3 g fiber; 139 mg sodium.

Berry Breakfast Smoothie (right): In blender, combine 1 cup IQF Washington red raspber-

ries, 1 cup nonfat milk, 1 medium banana. Blend until smooth. Garnish with a whole raspberry, if you wish. If you wish, add a scoop of soy or whey protein powder.

Nutrition: 243 calories; 0.66 g fat; 2 percent of calories from fat; 11 g protein; 6.27 g fiber; 5 mg cholesterol; 106 mg sodium.

Red Raspberry Lemon Slush (left): In blender, combine 1 cup IQF Washington red raspberries, 2 tablespoons frozen lemonade concentrate and $\frac{3}{4}$ cup water. Blend until smooth. If you wish, serve in sugar-rimmed glass. (Brush rim of glass with lemonade concentrate, then dip in sugar.) If you wish, add a scoop or two of soy or whey protein powder.

Nutrition: 121 calories; 0.15 g fat; 1 percent of calories from fat; 1.72 g protein; 3.27 g fiber; 9 mg sodium.

Or consider these other possibilities:

Raspberries, orange juice and protein powder

Raspberries, vanilla yogurt and $\frac{1}{2}$ cup nonfat milk

Raspberries, cran-raspberry juice and raspberry yogurt

Raspberries and guava or acai juice

Raspberries, mango yogurt and raspberry-grape juice

For more about nutrition and for more recipes, please visit www.red-raspberry.org.