

Blackcurrant Smoothie

Ingredients:

115g/4oz fresh or frozen blackcurrants
1 small ripe banana
200ml apple juice
2 tbsp plain yogurt

Serves 1

Method:

Put all of the ingredients into a food processor or blender and blend until smooth. Pour into a glass and serve.

Health Benefits of British blackcurrants:

- Have a very high Vitamin C content, making them great for fighting colds and winter ailments.
- Have a high antioxidant content, which can help protect against ageing, joint inflammation, eyestrain, kidney stones and urinary infections.
- The high levels of antioxidants in blackcurrants can also help fight against cardiovascular disease, cancer and ageing
- British blackcurrants are renowned and bred for their deep purple colour, which indicates a high level of anthocyanins - important disease-fighting antioxidants.
- Blackcurrants are amongst some of the richest naturally occurring sources of Vitamin C.

