

CureSearch for Children's Cancer - Recipes for Healthy Eating

Antioxidant Avenger

2 cups mixed berries, frozen
½ cup red seedless grapes, frozen
1 ripe pear, skin on, core removed and cut into chunks
1 Medjool date, pit removed
½ teaspoon minced ginger
¼ teaspoon ground cinnamon
1 ½ cups coconut water (or spring water)
3-4 ice cubes
Agave nectar or maple syrup, to taste

Put all the ingredients in a blender and process until smooth. Makes 2 (15oz) smoothies.

Nutritional information (per 15oz. serving): Calories: 225; Protein: 2.5g;
Carbohydrates: 57.5g.

Recipes from Happily Hungry: Smart Recipes for Kids with Cancer, to order a copy (\$19.95 plus S&H) please visit www.happilyhungry.com



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