

The Anti-Flu Super Smoothie

QTY: 400 smoothies (9 oz cups)

What we bought:

- 50 lbs of blueberries (4 cases at 10 lbs and 4 bags at 2.5 lbs)
- 3 lbs of flax seed (weighed out in the bulk section of our local natural foods grocer)
- 18 jugs of pomegranate juice @ 64 oz each
- 1 case of curly kale (about 24 bunches)
- 400 9 oz cups
- Back up bags of mixed berries (8 oz bags, or whatever was available)

Ingredients for One smoothie jug:

- 16 ounces of pomegranate juice
- 1 Tbsp of flax seed
- 1 cup of blueberries (frozen)
- 1 stalk of curly kale

How to make it:

In your blender jug, first add 16 ounces of pomegranate juice. Then add a tablespoon of flax seed. Next dump in the frozen berries. And finally, the kale. Imagine that you are layering your smoothie ingredients when you put them in the jug. You want to add the liquids first, then the softest ingredients followed by the progressively harder, denser or more fibrous ingredients. If you are blending kale, carrots or ice, those items should always be added last.

Once everything is in the jug, attach it to blender base, strap it down, and start pedaling. Pedal for at least 60 seconds at a high cadence. Everyone can blend this smoothie but if kids start them, adults should finish them (to properly process the kale).

This smoothie is really tasty. The pomegranate juice adds nice "zing" to the flavor profile and the flax seed contributes exciting texture. There's no need to add ice to this recipe if your berries are frozen. To keep frozen things frozen, we use a large insulated cooler box.

Enjoy!

