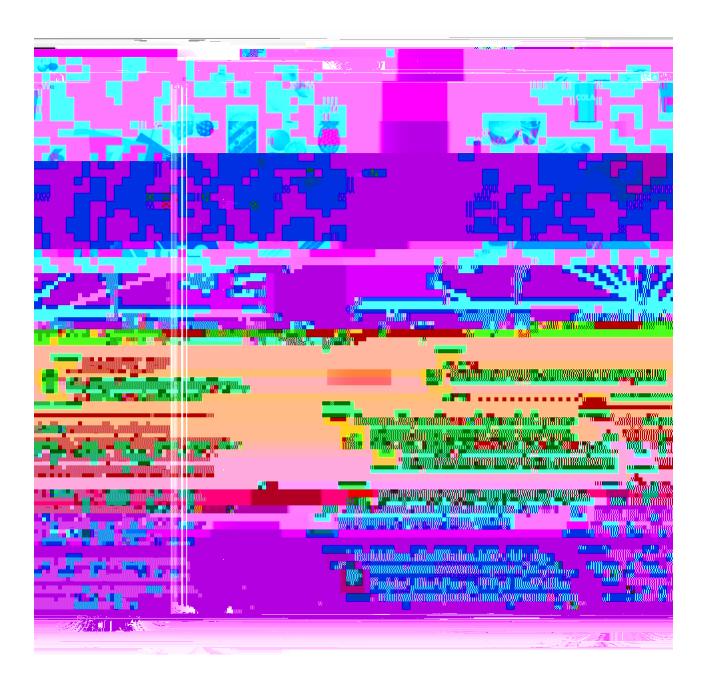
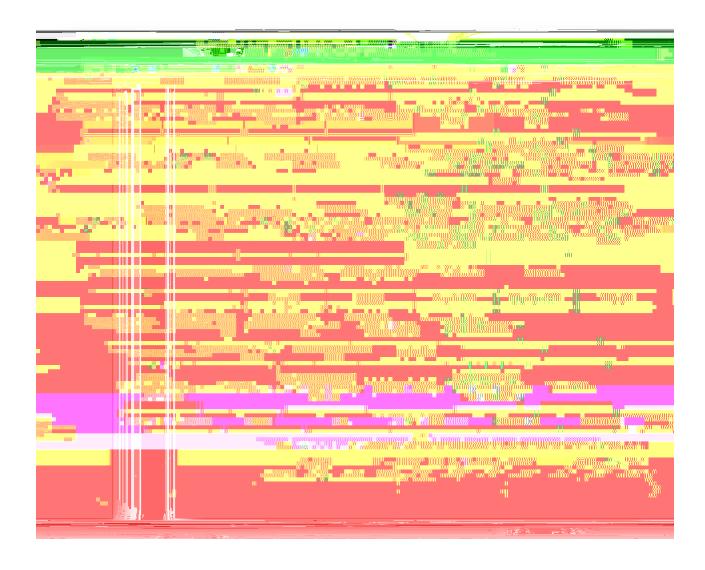
Smoot hie Seminar By Chef Cor al







I Delight Yields 3 cups

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Cabbage can provide you with some special cholesterol-lowering benefits. Red cabbage has added nutritional benefits plus a robust hearty flavor. The rich red color of red cabbage reflects its concentration of anthocyanin polyphenols, which contribute to red cabbage containing significantly more protective phytonutrients than green cabbage. Cabbage is also known to have antioxidant and anti-inflammatory properties.

- 2 cups red cabbage shredded
- 1 cup of blueberries
- 2 teaspoons Chia seeds soaked for 10 minutes in 8 oz. water
- 2 bananas frozen



"Antioxidant Blast" Yields 7 cups

Blueberries Small in size, big in flavor and goodness, blueberries are ladened with antioxidant nutrients such as vitamins A and C, as well as biof lavonoids. They yield a rich, sweet flavor and give a blended drink blue specks. The berries are good for overcoming bladder problems, as well as boosting immunity and protecting the eyes and blood vessels. Blueberries are one of the best sources of salicylate, a natural aspirin-like compound that has been shown to reduce inflammation.

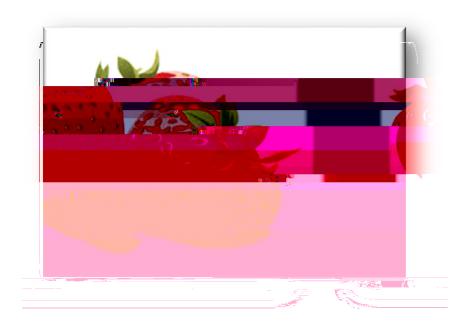
3 cups pineapple juice9 oz. blueberries (2 small packs)2 frozen bananas12 ice cubesMint sprigs to garnish

Place the pineapple juice, blueberries, bananas, and ice cubes in a blender and blend until slushy. Pour into glasses and serve. Garnish with a mint leaf.

Yields 2 1/3 cups

Beets (beetroot) The wonderful juice of the it. This earthiness gives a hint of a very rich mineral and vitamin content, and as such, beets are known to be the best cleansing, blood-boosting tonic-like juice there is. Juice the greens to if you can get a hold of them, as they add an even greater health dimension.

2 medium size beets washed unpeeled



"Lite & Luscious" Yields 2 cups

Strawberries The only fruit to have their seeds on the outside, strawberries

cholesterol in the body. Strawberries are also high in disease-fighting phytochemicals. Strawberries contain powerful antioxidants that work againt free radicals, inhibiting tumor growth and decreasing inflammation.

3/4 cup quartered fresh strawberries 3/4 cup unsweet ened apple juice 1/2 cup frozen unsweet ened raspberries 1 frozen bananna

Combine all the ingredients in a blender. Blend until smooth. This beautiful pink drink gives mega flavor and is naturally low in calories.