Banana Berry Smoothie

Ingredients:

* 1 lg. Banana (frozen)
* 1 cup frozen strawberries (4-6 depending on size)
* 1 cup frozen blueberries
* 1cup pineapple juice
* ½ cup milk
* 1 tbsp honey

Directions:

1. Add strawberries, banana, blueberries, milk, and pineapple juice to blender. Pulse until smooth.
2. Add honey, then Liquefy until smooth.
3. Divide into equal portions.
4. Enjoy!

Banana and Blueberry Health Benefits

Are you eating blueberries? If not you might want to reconsider this wonderful [food](http://www.essortment.com/all/benefitsblueber_reka.htm) that is so good for you.

The dye that is released from the blueberries' skin may well be the most valuable nutrient the fruit has to offer. The pigments in blueberries and also in red crops such as cherries, plums, and red cabbage are powerful antioxidants. They have been determined to be a much-heralded chemical warrior against [heart disease](http://www.essortment.com/all/benefitsblueber_reka.htm) and also cancer. Blueberries actually have the highest antioxidant capacity because of their large anthocyanin concentration.

Blueberries are not only a powerful antioxidant but also have been proved to preserve vision. Blueberry extract, high in compounds called anthocyanosides, has been found in clinical studies to slow down visual loss.

A recent study was done in a Boston laboratory by putting one group of young rats on a blueberry-rich [diet](http://www.essortment.com/all/benefitsblueber_reka.htm) and another on regular chow. Then the scientist exposed both groups to 48 hours of concentrated oxygen, stirring up in two days the amount of free radical damage that normally takes 20 rat months, or 75 humans to accumulate. Brain cells in the chow group became less responsive to neurotransmitters associated with short-term memory. The [brains](http://www.essortment.com/all/benefitsblueber_reka.htm) of the blueberry stuffed rats did not change. He also found that the fruit prevented the kind of short-term memory loss that comes with aging. Blueberries actually stave off declines in brain cell's ability to send messages to one another.

Bananas contain a high dose of potassium making them good for your heart, nerves, kidneys, and bones.

**Bananas can act as mood enhancers or mild sedatives**: Bananas contain tryptophan (although it’s not one of the major sources, a medium still contains about 10.6 mg of tryptophan). Tryptophan is one of the 20 amino acids Tryptophan helps the body to produce serotonin - which has a calming effect on the brain (creates a stable mood) and acts as a mild sedative.

**Bananas are good for your blood**: Bananas are one of the highest sources of naturally available vitamin B6: Vitamin B6 plays an important role in converting tryptophan to serotonin; tryptophan helps the body to make hemoglobin - a crucial ingredient of your blood.

**Bananas are good source of dietary fiber**: A single serving (one medium-sized banana) contains 16% of the daily recommended dietary fiber intake for a normal adult - that’s substantial for a single serving of any food. Fiber-rich diets have been linked to lower risk of coronary heart disease and of type 2 diabetes.