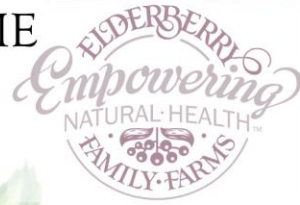


## ELDERBERRY BANANA SMOOTHIE



### Ingredients:

1 cup frozen mixed berries      1 frozen ripe banana  
1/8 tsp cinnamon                      1/4 tsp vanilla  
1/2 cup light coconut milk (we used Thai Kitchen Light)  
1 teaspoon honey or agave nectar (optional)  
1/4 cup fresh squeezed orange juice (from 1/2 large orange)  
1/4 tsp Elderberry Family Farms Elderberry Juice Powder

Slice and freeze one medium banana. Combine all ingredients together in a blender and puree until smooth. Garnish with fresh fruit and serve immediately. Makes about 2 cups.

Enjoy!

Recipe by Anne Marck

Here we go again, creating more yummy ways to get elderberries into your diet. And believe us when we say... it's worth the effort!

These power-packed little berries provide not only a significant immune boost, but they are also loaded with antioxidants.

Elderberries also carry significant nutritional benefits including significant quantities of vitamin C, dietary fiber, phenolic acids which help to reduce damage from the oxidative stress that contributes to aging, and strong anti-inflammatory effects.

Prevent illness, lower inflammation, and slow down aging? \*

Yes please!

Health benefit information obtained from <https://www.healthline.com>

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*