

SYDNEY'S BLUE SUEDE SHOES SMOOTHIE

As Featured in *Where There's a Will: A Glass Dolphin Mystery* #3

Ingredients

1 ripe banana

1 cup light coconut milk

1 cup wild blueberries (frozen is fine)

1 scoop all-natural peanut butter

Pineapple slices (optional, for garnish)

Blend and serve

From the book: "It's my most popular smoothie," Sydney Van Fraassen tells Emily Garland. "Banana, light coconut milk, wild blueberries, and a scoop of all-natural peanut butter. Elvis would be proud. But it's also chock full of nutrients to help you fight a cold or flu. Bananas are rich in vitamin C. Coconut has antiviral and antibacterial properties. Blueberries have an antihistamine effect. And peanut butter contains zinc, which plays an important role in the proper functioning of the immune system in the body."



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