

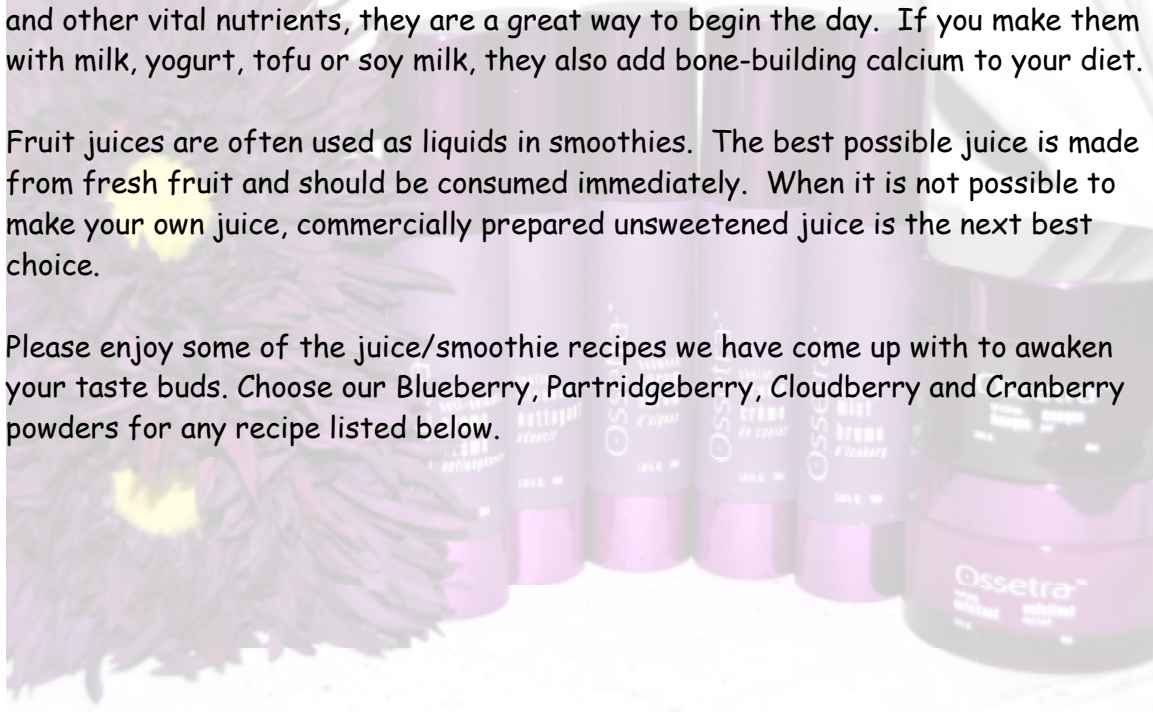
OSSETRA'S ANTIOXIDANT BERRY POWDER SMOOTHIE RECIPES!!

Smoothies are delicious, make you feel good, and are good for you! You can make them in a blender with any combination of fresh, frozen, canned or dried fruit, soy milk, liquid juices, yogurts, ice berg water and our signature berry powders (use 1-2 tsps. to your taste). Another method to simply save time and money are by making your own energy drinks, simply by mixing either of our berry powders to pure ice berg bottled water. Fruit smoothies supply the body with important vitamins, minerals, enzymes, fiber, water, and essential phytonutrients.

Bursting with natural sweetness and nutrition, smoothies made from natural fruit and berry powders have the most popular variety. Filled with powerful antioxidants and other vital nutrients, they are a great way to begin the day. If you make them with milk, yogurt, tofu or soy milk, they also add bone-building calcium to your diet.

Fruit juices are often used as liquids in smoothies. The best possible juice is made from fresh fruit and should be consumed immediately. When it is not possible to make your own juice, commercially prepared unsweetened juice is the next best choice.

Please enjoy some of the juice/smoothie recipes we have come up with to awaken your taste buds. Choose our Blueberry, Partridgeberry, Cloudberry and Cranberry powders for any recipe listed below.



-2-

1. Berry powder with fresh apple juice and a pinch of cinnamon.
2. Berry powder with "soy milk", plus $\frac{1}{4}$ mango and $\frac{1}{2}$ banana.

3. Berry powder with apple juice, plus 2 kiwi fruit.
4. Berry powder with fresh orange juice, plus $\frac{1}{2}$ peach, $\frac{1}{2}$ nectarine, $\frac{1}{2}$ apricot.
5. Berry powder with "soy milk", plus 1 peach and 2 dried frigs.
6. Berry powder or chocolate powder with "soy milk" plus $\frac{1}{2}$ cup frozen berries.
7. Berry powder with low fat fruit yogurt.
8. Berry powder with fat free (Frozen fruit dessert).
9. Berry powder with "soy milk", plus $\frac{1}{2}$ apple, 2 tablespoons passion fruit pulp.
10. Berry powder with "soy milk", plus $\frac{1}{2}$ cup pear.
11. Berry powder with watermelon juice.
12. Berry powder in tomato juice and a pinch of pepper.
13. Berry powder added to low calorie soup.
14. Berry powder sprinkled over low fat/sugar cereal.
15. Berry powder with fresh orange juice, plus $\frac{1}{2}$ banana.
16. Berry powder with fresh grapefruit juice, plus $\frac{1}{4}$ mango.
17. Berry powder sprinkled over low fat cereal.

-3-

HELPFUL HINTS

1. If fresh juice is not available use commercial unsweetened juice
2. Use a little apple juice concentrate for extra sweetness.
3. You can add herbal aloe to the shakes.

Frozen Fruit Works Too!!

Smoothies are colder and they have a thicker and smoother consistency when frozen fruits are used. In fact, combining both fresh and frozen fruit in smoothies are ideal. It is cost efficient to purchase large quantities of fresh seasonal produce and freeze it in individual servings. A more expensive but convenient option is to use commercially frozen, especially in winter months when fresh fruits are out of season. Look for frozen fruit that has no sugar added and avoid packages that are stained or show evidence of leakage, which are evidence that the contents have been thawed and refrozen. **TIP:** when freezing fresh fruit peel, seed or pit, and cut fruit in chunks. When using berries discard any wrinkled, split or soft berries, then wash and pat dry. Arrange the pieces on a baking sheet in a single layer and freeze until hard. Transfer to resealable plastic freezer bag, then seal and label. Frozen fruit will keep for up to six months in the freezer.

Canned Fruit Is An Alternative!!

Keeping a variety of canned fruit in your cupboards is another option to adding flavor to your smoothies when fresh fruit is not in season. Studies have shown that canned fruits are very nutritious. However, be aware of commercially processed fruits, they may contain additives, pesticide residue and have large amounts of sugar added. **TIP:** To substitute canned fruit for fresh, use one 14oz can for each one cup of fresh fruit. The liquid can be used to replace the amount of other liquids as long as it's not heavy sugar syrup.

Using Dried Fruit

Dried fruits are another great option when making smoothies. Fruits that have been dried are sweeter and have more of a cleansing power because they are higher in fiber. Dried Fruits are usually fumigated with sulphur dioxide that destroys Vitamin D. Use 100% natural Ossetra berry powders whenever possible. If using dried fruit, buy fresh fruit in season and dry in the oven or using a food dehydrator. **TIP:** When substituting dried fruit in place of fresh, frozen or canned, add $\frac{1}{4}$ cup of extra liquid to recipe. Another option is to reconstitute the dried fruit before using. To reconstitute dried fruit place dried fruit in a bowl and pour boiling water over it to cover the entire fruit. Let stand until fruit is plump and soft.

DISCLAIMER: Do these products "cure" anything? Of course not...but it stands to reason that if your body is fed in the finest nutrition available, giving it everything it needs in balance, on a daily basis, that your body will do what nature intended and give you the best possible chance to fend off sickness and disease. Ossetra's recipe resources are not intended to be a substitute for professional advice. While

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