

# pomegranate & blackcurrant smoothie

Pomegranates and blackcurrants are amazing sources of antioxidants, which help to keep your immune system strong and will fight rogue cells called free radicals, which are intent on doing you harm.

## What you need

1 apple  
1 pomegranate  
Half a punnet of blackcurrants  
Half a banana  
1 orange

## What to do

Cut the apple into wedges, put them through the juicer and pour the juice into the blender. Squeeze the orange and pour the juice into blender too. Cut the pomegranate into quarters. Fold back the skin of each quarter and remove the seeds. Put them through the juicer then add this juice to the blender along with the blackcurrants (keep a few to garnish) and half a banana. Whizz until smooth and pour into a glass. Add the remaining blackcurrants and sprig of mint to garnish. 1 serving.

