

I think of this powerful blend as “field to shield.” With the antioxidant weight of these ingredients, nothin’s gettin’ the better of you! You can enjoy this booster in summer with a little sweetener and omit the trio of orange zest, cinnamon, and ginger. But, these warming spices taste absolutely incredible with the berries, really pull the other flavors together, and elevate this smoothie from good to great. The açai and maqui are optional but provide an invaluable boost, and I always include them. If you don’t add these superfoods or the spices, you may not need the dates. However you make it, this one’s got your back.

## antioxidant avenger

SERVES 2

1/2 cup (120ml) coconut water

1/2 teaspoon probiotic powder (optional; see note, page 30)

1 packet (3.5 ounces/100g) frozen açai pulp, or 2 tablespoons dried açai powder (optional; see note, opposite page)

2 teaspoons maqui powder (optional; see note, opposite page)

2 cups (320g) mixed fresh or frozen berries (1/2 cup each of blueberries, blackberries, raspberries, and strawberries)

1/2 cup (85g) red seedless grapes

1 ripe pear, skin on, cored and diced

1/2 teaspoon minced ginger (optional)

1/4 teaspoon ground cinnamon (optional)

1/2 teaspoon finely grated orange zest (optional)

1 cup (125g) ice cubes

1 chopped pitted date, soaked, plus more to taste (optional; see box, page 22)

Throw everything into your blender and puree on high for 30 to 60 seconds, until smooth and creamy. Tweak the sweetness to taste.