

# Best Antioxidant Drink / Blueberry Pomegranate Cooler

## Blueberry Pomegranate Cooler



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Anti-oxidants are specialized plant nutrients (photochemicals). These nutrients proven to support human health and wellness and prevent a myriads of diseases. They work by combating the natural process of oxidation in the body that creates free radicals. Free radicals attacks the cells , thereby increases the risk of serious diseases like cancer.

With a diet rich in antioxidants, you can reduce the risk of diseases.

Coming to the recipe, here I have used three magical super fruits, blueberries, pomegranate and grapes. I blended together the sweet, juicy blueberries and ripe pomegranate and delicious grapes. This juice is really so beautiful to look, great in taste and simply superb. So start your day with this filling and healthy drink and get your daily dose of all vitamins and antioxidants. Here I am sharing you some pictures which I took during my recent trip to blueberry farm and vineyard.



Blueberry Plant



Unripe Grapes



## Ingredients

3/4 Cup of Pomegranate Seeds  
1/2 Cup of Red Grapes  
1/2 Cup of Blueberries  
4 Tbsp of Sugar or to Taste  
1/2 Cup of Water  
Ice Cubes as Needed

## Method

- Wash all the fruits in a running tap water.
- Remove the seeds from pomegranate without white pith.
- In a blender, add pomegranate seeds, grapes, blueberries and sugar, blend it to a smooth puree.
- Use a mesh strainer and strain the juice to a container.
- Use the back of a spoon to push against the pulp and extract as much as juice as possible.
- Now pour the juice to a serving glass and serve it with ice cubes.

## Tips

- Adjust the amount of sugar according to your taste.
- You can also have juice without straining.

### **Health Benefits of Blueberry, pomegranate and grapes**

**Blueberry** : High in anti-oxidants, reducing belly fat, good for digestion, heart and brain.

**Pomegranate** : High in anti-oxidants, Good for heart, lowers the blood pressure and stroke, prevents prostate cancer, kills harmful bacteria.

**Grapes** : High in anti-oxidants, good for heart, brain and skin, weight loss, fight against diabetes.



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# Portobello Mushroom Burger Recipe/ How to make Portobello Mushroom Burger



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Love Mushroom..They are my family's favorite and a staple vegetable in my pantry. Portobello Mushroom are a great source of nutrients like potassium and selenium. They are a healthy substitution in a burger with less in calories. Portobello Mushroom Burger are the steak of the vegetable world. They taste delicious with a drizzle of olive oil and spices like garlic powder, Italian seasoning, salt and pepper added to it. Try this juicy, flavorful and full of deliciousness and let me know your feedback.

## Ingredients

1 Portobello Mushroom  
2 Burger Buns  
1 Tbsp of Olive Oil  
1/8 Tsp of Red chilli Flakes  
1/2 Tsp of Garlic Powder  
Dash of Salt and Pepper  
Dash of Italian Seasoning (Opt)  
2 Tbsp of Mayonnaise / Vegennaise  
Squeeze of Yellow Mustard  
1 Iceberg Lettuce  
2 White / Red Onion, Thick Slices  
4 Tomato, Slices

## Other Ingredients

Strips of Carrot

## Method

- Wash and remove the stem of Portobello.
- Preheat the cast iron pan over medium heat.
- Add olive oil to a pan and add red chilli flakes, then place the Portobello mushroom cap, sprinkle garlic powder, Italian seasonings, salt and pepper over the cap.
- Cover the skillet with lid and grill it on both sides until it changes color and turns tender.
- Grill the onion lightly on both sides.
- Toast the burger buns, apply Mayonnaise / Vegennaise on each side of burger buns.
- Now assemble the bun : Place the Iceberg lettuce above the mayonnaise side of burger bun, on top of that place the tomato slices, slice of onion, grilled Portobello mushroom cap, slice of onion, above that again add tomato slices and a squeeze of yellow mustard. Finally

cover it with the burger bun.

- Serve immediately with ranch, french fries / strips of carrot (for healthier version) and a club soda.



### Tips

- You can use whole wheat or white buns to make burger.
- You can also have a slice of provolone cheese or any cheese of your choice.
- You can grill the Portobello either on cast iron pan or outdoor grill.

### Health Benefits of Portobello Mushroom

- Portobello is a great source of riboflavin, panthothenic acid, niacin, thiamine, folate, selenium, lyseine, protein, zinc, copper, manganese, and iron.
- Low in calories and high in fiber.
- Good source of phytochemicals, helps to support immune system.
- Rich in anti-oxidants L-ergothioneine.
- Reduce risk of Alzheimer disease.
- Anti-cancer property.
- sending recipe to [Guru's cooking](#)



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## Anti-Aging Berry Medley Smoothie



## **Anti-Aging Berry Medley Smoothie**

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*Fruits are very good for our health. Fruits provides vital nutrients for our body, fights free radical damage and diseases, hydrate us and keep us looking and feeling younger from inside out. The key ingredients in this smoothie are strawberry, blueberry, raspberry, blackberry and banana. Berries are packed with vitamins, minerals, fiber, anti-oxidants and low in calories. Blend them with the low fat milk which is rich in calcium and protein. Therefore you get a glass full of creamy smoothie, full of deliciousness. So start your day with this yummy healthy drink ☐*



## Ingredients

- 1 Banana
- 1/4 Cup of Blueberries
- 1/4 Cup of Raspberries
- 1/4 Cup of Strawberries
- 1/4 Cup of Blackberries
- 1/2 Cup of Milk (low fat)
- Ice Cubes

## Method

- Combine all the ingredients in a blender and blend until smooth.
- Pour into the glasses and serve immediately.



### **Tips**

- **You can add sugar or honey or agave to the drink. I didn't use sugar because all the fruits has sugar in it.**
- **If you are a vegan, add soy milk or almond milk instead of adding plain milk.**
- **If you don't like seeds or skin of fruits in your drink, just strain it with strainer.**

### **Health Benefits of Berries**

**Blueberry : High in anti-oxidants, reducing belly fat, good for digestion, anti-aging, heart and brain.**

**Strawberry : Boosts immunity, good for eye health, anti-aging,**

fight cholesterol and cancer.

Blackberry : Prevents cancer, good for skin, eye, digestion, anti-aging, diabetes and bones.

Banana : High in fiber, lowers the blood pressure, high in potassium, high in nutrient absorption.

**Raspberry : Low in calories, anti-aging and anti-cancer properties, weight management benefits**

