



BILLINGS FARM & MUSEUM

Blueberry antioxidant smoothie

This antioxidant rich smoothie will help you start your day right!

Ingredients:

- 2 cups frozen (or fresh) blueberries
- 1 cup pomegranate juice
- 1 tbsp honey
- 6 oz plain yogurt *

Instructions:

Place all items in a blender and blend until smooth. Enjoy!

** We used Norwich Farm Creamery yogurt, made with 100% Jersey cow milk from Billings Farm!*

To make this dairy free, use coconut or almond milk and yogurt.



Green smoothie

This delicious smoothie is a great way to get your greens and fruit in the morning or for a snack!

Ingredients:

- ½ green apple
- 1 cup fresh spinach
- 4 oz yogurt*
- 1 banana
- ½ cup milk*

Instructions:

Place all items in a blender and blend until smooth. Enjoy!

** We used Norwich Farm Creamery yogurt and creamline milk, both made with 100% Jersey cow milk from Billings Farm!*

To make this dairy free, use coconut or almond milk and yogurt.





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Foamy golden milk

The best way to enjoy turmeric is with black pepper, since it increases the spice's anti-inflammatory compound curcumin. Fat is necessary for better absorption, so whole milk is best to use. If you cannot drink milk, cashew, coconut or almond milk will work for this recipe.

Makes 2 servings:

Ingredients:

- 2 cups milk*
- 1 tsp turmeric powder
- 1 tsp vanilla extract
- ¼ tsp ground cinnamon
- Pinch of ground black pepper
- Honey (optional)



Instructions:

In a small sauce pan or soup pot, heat all ingredients, except for the honey over a low-medium heat. Stir as needed. Using a hand whisk or an electric frother to create a foamy consistency. Remove from heat and divide into two mugs. Sweeten with honey, if using, and serve.

** We used Norwich Farm Creamery creamline milk, made with 100% Jersey cow milk from Billings Farm!*

Note: This is a very relaxing drink to have in the evening before bed.

Adapted from: *The Blue Zones Kitchen* cookbook