

Grape Cleanser

- 1 banana, fresh or frozen
- 1 pear, cored
- 1 cup grape juice
- 2 cups seedless grapes
- 1 cup vanilla low-fat yogurt
- scoop protein powder

Mix all ingredients in a blender.

Makes 3 servings.

Note: Research shows that the antioxidants in grapes cleanse the arteries of sluggish platelets.