

## Blended to Perfection

Packed with antioxidants, probiotics, and healthy fat, this easy smoothie has the best of everything.

- 1 c cherry and/or pomegranate juice
- 1 banana
- 1 4-oz pack partially defrosted açai pulp
- ½ c low-fat kefir

» Toss all ingredients in blender and pulse on high power until smooth.

## new whirled order

» The best of what's hot in smoothie circles

TRENDY SMOOTHIE INGREDIENTS come and go faster than *American Idol* contestants and can range just as wildly in quality (from Daughtry good to Sanjaya bad). We polled celeb trainers and juice-bar gurus and found out what really belongs in your blender this summer.

	FRUIT	BASE	GOOD FAT
SO LAST SUMMER »	Blueberries	Soy milk	Peanut butter
HOT RIGHT NOW »	Pomegranates	Kefir	Avocado
NEXT BIG THING »	Cherries	Bio-K+	Açai pulp (ah-sah-EE)
WH FAVE »	<p><b>It's a tie between pomegranates and cherries.</b> Pomegranates are "one of the mac daddies of fruits," says nutritionist and Equinox Fitness Club advisor Oz Garcia, Ph.D., who counts Hollywood hottie Hilary Swank as a client. "They lower blood pressure and reduce oxidative damage to skin," he says. But if it's a postworkout smoothie, make it a cherry. A recent study reported that the antioxidant anthocyanin in <b>CherryPharm All-Natural Tart Cherry Juice</b> (\$20 for eight 8-oz bottles, cherrypharm.com) calms muscle inflammation.</p>	<p><b>The winner is kefir,</b> a deliciously creamy drinkable yogurt. Rich in calcium and protein, it's also crammed with probiotics, those live active cultures that calm your stomach and keep you itch free down there. L.A.-based celeb trainer Garrett Warren swears by <b>Lifeway Low-Fat Pomegranate Kefir</b> (\$6 per four-pack, planetorganics.com). He uses it as a base for clients Heather Locklear and Denise Richards (not at the same time, we're assuming).</p>	<p><b>Açai is #1.</b> The purple fruit from the Brazilian Amazon tastes like a combination of berries and cocoa. It contains essential fatty acids like omega-6, a proven brain booster. Extract of açai berries may also protect against cancer cells, according to one study. Eric Helms, owner of Juice Generation in New York City (you'll find Salma Hayek there), says açai smoothies are his top sellers. Try <b>Sambazon Organic Frozen Açai Smoothie Packs</b> (\$5 per four-pack, available at Whole Foods and other health food stores).</p>

### WHAT'S THE DIFF? BIODYNAMICS VS. ORGANICS

**It sounds like something** Tom Cruise does in Scientology sessions, but biodynamics is sort of an extreme version of organics. Like organic growers, biodynamic farmers shun pesticides, growth hormones, and genetic tinkering. But they also consider "cosmic" forces, planting and harvesting by moon phases, and they use composting to enrich soil.

At a time when even Cheetos can be labeled "natural," this growing movement sees itself as a return to true organic roots, says Paul Hepperly, Ph.D., an organic researcher in Kutztown, Pennsylvania. Studies have found higher nutrient levels, due in part to better soil, in biodynamically grown fruits and vegetables. To find a source near you, go to [localharvest.org](http://localharvest.org) and search for "biodynamic." Also check out [steinerstorehouse.com](http://steinerstorehouse.com), which sells a variety of biodynamic products (we loved **Hampstead Estate of Makaibari Earl Grey tea**; \$6.25 for 25 tea bags).