

GOUT-FRIENDLY RECIPES

Cherry Berry Smoothie

Prep and cook time: 5 minutes

Cherry intake may be associated with a lower risk of gout attacks and low-fat or non-fat dairy products are low in purines. So, we teamed up cherries and low-fat yogurt and skim milk for this “gout-friendly” smoothie.

1/2 cup frozen tart pitted cherries

1/2 cup skim milk

1/4 cup plain low-fat yogurt

2 tablespoons fresh blueberries

1 tablespoon cherry juice concentrate

1 tablespoon honey

1/2 teaspoon pure vanilla extract

8 ice cubes

Directions:

- 1 Add all ingredients in a blender
- 2 Blend until smooth
- 3 Pour into two chilled glasses and top with dried cherries