

## HEALTH

# Cheribundi Smoothie aids Arthritis For Celebrity Chef

NewsUSA

(NU) - Seamus Mullen is an award-winning New York chef, restaurateur and cookbook author. In 2007, he was diagnosed with rheumatoid arthritis (RA), a debilitating autoimmune disease, which forced him to rethink his relationship with food.

"Ultimately, through food, exercise and lifestyle changes, I was able to successfully turn my health around," shares Mullen, who says that Cheribundi has been but one of the keys to improving his RA.

"Whether I'm spending the day in the kitchen or on my bike, I drink Cheribundi along with other 'Hero Foods' to reduce soreness, boost my immune system and amplify my overall health."

Cheribundi tart cherry juice has the highest amount of antioxidants of any juice on the market.

Chef Mullen opened his first solo Spanish restaurant, Tertulia, in Manhattan in 2011. Two years later, he opened El Colmado. In 2017, he released his latest cookbook, "Real Food Heals," hoping to inspire others to take control of their diet and general health. "As someone with RA, I'm constantly exploring the impact food has on our overall wellness. Cheribundi understands the importance of nutrition ... and like me, they believe in helping people everywhere simply live healthier."

Cheribundi, Almond, and Coconut Smoothie

Ingredients:

8 oz of Cheribundi 100 percent Tart Cherry juice  
6 oz of coconut water  
½ an avocado  
1 cup frozen wild blueberries  
1 TBSP unsweetened almond butter

Directions:

Combine all ingredients in a powerful blender and process until smooth. Serve immediately or save in a glass jar in the fridge for later.