



# Pharmacologic Otoprotection Smoothie

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## Ingredients

- 1 small banana (magnesium)
- ¼ cup raw cocoa powder (resveratrol)
- ¼ cup pistachios (resveratrol)
- ½ cup raspberries (magnesium)
- ¼ cup sunflower seeds (Vitamin E, magnesium, selenium. You can substitute cashews. Brazil nuts have a lot of selenium - but unfortunately so much so they can induce selenium toxicity in high amounts.)
- ½ cup plain Greek yogurt (D-methionine, selenium)
- 1 cup orange juice (Vitamin C)
- ½ cup carrot juice (beta carotene the precursor for Vitamin A)
- 1 cup spinach (Vitamin E, magnesium, selenium, beta carotene. Trust me, you won't taste it.)

## Directions

- Place all ingredients in a blender and blend until smooth.
- Enjoy your smoothie and know that you are doing something nice for your ears.
- A great way to start the day or a quick picker-upper anytime all day long!

**Notes from the Cook:** *This smoothie contains only ingredients that have been demonstrated, alone or in combination, to protect against or rescue from noise and/or drug induced hearing loss at a .05 significance level. Okay' I know I left out N-acetylcysteine (NAC). NAC is contained in Brussel sprouts. If you want to add Brussel sprouts to your smoothie, you are on your own. I do have my reputation as Miss Betty Crocker 1969 to uphold here.*