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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Make A Smoothie Your Perfect Meal

By Belina Storrey

Are you looking for a way to make a quick and healthy meal? Look no further than a smoothie. A smoothie is perfect to replace a meal, as a healthy snack or as a quick meal for on the go.

A smoothie is a drink filled with a variety of fruits blended into a smooth liquid. It is like a milkshake full of nutrition. You can add protein powders or other healthy supplements to make a smoothie even more nutritious.

Not sure how to make the perfect smoothie? Read on. It is really quite easy. You will need a blender, so make sure to buy one at a local store. There are a variety of blenders, but a simple and inexpensive one should do the trick for starters. Next, head to the grocery store to stock up on all the ingredients you will need to make the perfect smoothie. You will want a combination of a few fruits. Most smoothie lovers use a banana and then a couple of other kinds of fresh or frozen fruit. You can use peaches, mangos, strawberries, blueberries, raspberries, or any other kind of fruit you prefer. Be sure to pick up some low-fat or non-fat yogurt as well. Yogurt adds nutrition and is good for creating the creamy texture in smoothies. You may want to add some fresh fruit juice to a smoothie, so add your favorite variety to the cart as well. Pick up protein powder or supplements as desired.

When you have collected all of the ingredients you need, the fun can begin. It is time to make your smoothie. If you are someone that needs to follow a recipe, you can find recipes for perfect smoothies online, in newer cookbooks, or even on the back of the yogurt container. And if you do not need to use a recipe just experiment and have fun. Try different combinations of fruits and play around with different amounts of each fruit until you find something that pleases your tastebuds. Simply put all of the ingredients into your blender and blend away. For a more icy texture, try adding a few icecubes to the smoothie. When you have the smoothie blended just right, simply pour it into a glass and enjoy with a spoon or a straw. It is that easy.

Even kids will love smoothies. It is a great way to get your kids to eat their fruits and begin to enjoy making healthy eating choices. Put their smoothies in fancy cups and allow them to make a party out of it. Smoothies will not have any artificial sweeteners, but the natural sugars in fruit make the smoothies seem as good as ice cream or desserts.

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So the next time you need a quick and healthy meal in a hurry, look no further than your blender. Throw in a unique combination of fruit, juices, yogurt, and healthy supplements and enjoy a smoothie, the perfect meal.

After making smoothies for years, Belina Storrey considers herself an expert smoothie maker. She loves helping others learn creative ways to eat healthier. Check out

<http://www.coolsmoothie.info>

for

more.

Smooth Refreshing Smoothies

By Donna Monday

More people today are discovering the healthy benefits of drinking a delicious, refreshing smoothie for breakfast, lunch or dinner.

Instead of soda pop at your next meal or diet cola, consider whipping up a smoothie made with fresh fruit, yogurt, skim milk or juice.

Smoothies will give you a real energy boost and are healthier for you than cola or soda.

Online you will find recipes for popular smoothies like: banana smoothie, blueberry smoothie, chocolate smoothie, jello smoothie, mango smoothie, peanut butter smoothie, strawberry smoothie, tofu smoothie, and tropical smoothie.

Here is a sample of the kinds of smoothie recipes you will see:

Banana Creamsicle Smoothie - with bananas and orange juice

Blueberry Pineapple Smoothie - with blueberries and pineapple orange juice

Chocolate Raspberry Smoothie - with raspberries and chocolate syrup

Virgin Margarita Smoothie - with lime jello and pineapple

Mango Smoothie - with fresh peaches and mango chunks

Classic Peanut Butter Smoothie - with bananas and creamy peanut butter

Strawberry Pear and Peach Smoothie - with fresh strawberries, peaches and pears

Make A Smoothie Your Perfect Meal

Honey Tofu Smoothie - with bananas, tofu and honey

Hawaiian Holiday Smoothie - with peach mango tofu and pineapple

You can find these refreshing smoothie recipes and more with just the click of your mouse. Soon you'll be enjoying the wonderful health benefits of drinking these delicious nutritious smoothies.

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Donna Monday is a contribution author at:

<http://www.1st-milkshake-n-smoothie-recipes.com>

Smooth Refreshing Smoothies

Best Recipes: Southwestern Mango Smoothie

Best Recipes: Orange Julius Smoothie

Best Recipes: Pina Colada Smoothie

Best Recipes: Strawberry Orange Smoothie

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The First and Second Adam

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101 tips to stay fit and live longer.



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