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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!**

**Smooth Refreshing Smoothies**

**By Donna Monday**

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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

## Smooth Refreshing Smoothies

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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### **Best Recipes: Orange Fruity Smoothie**

#### **By Donna Monday**

Orange smoothies are really delicious and this fruit-filled recipe for Orange Fruity Smoothie is one of the reasons why. You've gotta love a drink that has wonderful fruits like banana, peach, raspberries and mixes them with nutritious orange juice.

Fruit smoothies are good for you and you will make this Orange Fruity Smoothie again and again.

Orange Fruity Smoothie 1 medium banana, peeled and cut into 1-inch pieces 1 ripe peach, peeled, halved, pitted and diced 1 cup raspberries 1 1/2 cups freshly squeezed orange juice 3 ice cubes

#### Directions

Combine all ingredients in blender and blend until smooth.

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Easy to make - fun to drink

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