

Super Duper Smoothies

A Report On
What Makes a
Good Smoothie,
and 7 Great
Smoothie
Recipes



Sensational Smoothies

The History of the Smoothie

The smoothie first made its debut in health food stores in the West coast of the United States. In the 1930s, pureed fruit drinks mixed with ice which were based on Brazilian recipes were being sold as an afternoon refreshment.

Reminiscent of the cocktails served during prohibition, these pureed drinks had become so widely accepted, that by the 1940s, a cookbook published recipes for fruit drinks, which were essentially smoothies, though they didn't yet have the name "smoothie".

This name for the fruit drink was coined by the Hippies of the 1960s who made fruit and fruit juice based drinks.

Along with the coining of its specific name, the 1960s popularized the smoothie. It was in this decade that the smoothie was sold not only in health food stores, but by ice cream stores and by ice cream vendors as well, making them widely available in the United States.

Dan Titus, director of the Juice and Smoothies Association attributed this boost in popularity to the "resurgence in macrobiotic vegetarianism" which was seen in the 1960s.

By the time the 1970s rolled around, smoothies were becoming so popular that copyrights for smoothie recipes were being issued. The first trademark for it came in the mid-1970s and bore the name "California Smoothie", given because the health restaurants in which smoothies were so popular were in California.

It was also during this time than iced milk was mixed in to create a "fruit shake" instead of a milk shake. They were sold in local health food restaurants and stores alongside other healthy foods, such as tofu and fruits.

In the 1980s, smoothies increased in popularity alongside sports and fitness.



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Smoothies were a great health food product that the health conscious and fitness oriented could feel guilt-free about drinking. The 80s saw the opening of juice and smoothie bars, where smoothies were the main product, no longer one of many health products.

Come the 1990s and 2000s, smoothie companies began using frozen yogurt to give their smoothies a thick and creamy consistency, the inspiration of which was found in Mediterranean and Middle Eastern cuisine, giving smoothies a unique twist. It was also during this time that more people began experimenting by mixing smoothies with soda and/or alcohol.

Another innovation of the era was to prebottle smoothies and sell them ready-to-drink in grocery stores. These have short shelf lives, however, and often require refrigeration.

That brings us to present day. Throughout the course of its 70 year life, smoothies have become a multi-billion dollar industry. Most people don't know this, however. They simply hear the name and think of the sweetness of fresh fruit and the goodness of a cool drink on a hot day.

In the end, despite all innovations and changes in history, it is these natural attributes that make smoothies so popular and as successful as they are today.

This report focuses on smoothies. Its goal is to raise awareness and popularity for truly healthy smoothies. Specifically, the report will discuss:

- What makes a good smoothie.
- What is the difference between a fruit smoothie and a green smoothie.
- How smoothies can help make you healthier.
- Good smoothie recipes.
- Smoothie making tips.

By the end of this report, you should have a good overview and understanding of what good smoothies are and how these can help your health problems.

For more detailed information on smoothies and for more smoothie recipes, click on [Sensational Smoothies](#).

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What is a Smoothie?

A smoothie is a chilled drink that is blended with crushed ice, fresh (or frozen) fruit and/or vegetables. A dairy component, such as milk or frozen yogurt is mixed in as a thickener, to give it a milkshake type consistency.

Smoothies vary in their fruit and vegetable components, as well as other ingredients in order to make a unique drink. For example, many smoothies add honey, nuts, oatmeal, wheat grass (or wheat grass powder), soy, and other healthy components. Other ingredients, such as sugar and chocolate are sometimes added in order to help make smoothies more palatable.

Though a smoothie is a filling blended drink, it cannot completely take the place of full meals. This is because it is focused on fruit, vegetables, and dairy, which is only 3 of the 5 components of the food pyramid.

Smoothies rarely have a grain ingredient (though as previously mentioned, some smoothies include oatmeal), and they almost never have a meat ingredient, such as fish, chicken, or other lean meats.

Though nuts and other ingredients do provide protein, it may not be enough to fill the recommended daily allowances a person needs.

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What is the Difference Between a Fruit Smoothie and a Green Smoothie?

From the history of the smoothie previously discussed, one can see that the original smoothie was made with fruit. Fruit smoothies continue to be popular today.

These smoothies usually have one, two, or three fruit components blended with crushed ice. Other optional ingredients can be added to thicken the consistency and add to the flavor.

For a long time, fruit smoothies were all there were, and this was already a great way to consume fruits. However, recent history and experimentation by smoothie enthusiasts brought about the "green smoothie".

This smoothie is one that has a vegetable component as well. Dark leafy vegetables were added to the drink, and this boosted the fiber percentage of smoothies.

Green smoothies often have both a vegetable and fruit as solid components. The fruit usually serves as a sweetener. A smoothie that is 60% fruit and 40% vegetable is a good and typical ratio.

However, some people choose to have a green smoothie which is pure vegetable in its solid component, adding fruit juice as its only liquid component. Both variations are fine, being subject to the drinker's preference.

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How are Smoothies Healthy?

Smoothies can be one of the healthiest drinks available. Not only does it quench thirst, but it's also a good way to get a healthy dose of fruit and vegetables everyday, providing essential nutrients and minerals that are often ignored and taken for granted.

The blending and liquification of the components makes it easy to digest while also helping the body's overall digestion. This means that smoothies do not stress the stomach, and can help relieve stress from the digestion of other foods, making both body and metabolism more efficient.

Apart from this, smoothies provide fiber and anti-oxidants, which help cleanse the body, making it great for the purposes of detoxification.

These healthy drinks can help regulate your body weight because the fiber in smoothies can help keep you full for longer periods of time. The anti-oxidants can help skin problems, such as clear acne, and address other skin problems like aging, wrinkling, and certain allergies. They can also make the hair shinier.

Apart from these benefits, the natural vitamins and minerals found in the fruits and vegetables can help strengthen the immune system, increase your everyday energy and stamina, promote dental hygiene, stabilize glucose and cholesterol levels, regulate bowel movements, sharpen mental skills, elevate mood, and lessen the risk for major diseases such as cancer and diabetes because of the anti-oxidants and anti-carcinogens or free radical killers found in fruit and vegetables.

Not all smoothies are healthy, however. Smoothie lovers have to be aware of what goes into their smoothies, and if these ingredients make the drink truly healthy. Many commercial smoothies, such as the kinds found in kiosks at the mall or ready-to-drink in supermarkets are actually loaded with empty calories and sugar, crossing out many of the health benefits the drinker may be after.

It is important that smoothies consumed have minimal sugar (if any at all) and use non-fat and low sodium ingredients whenever possible, such as non-fat yogurt or soy milk, fresh fruit and vegetables (no bottled or canned, please), and 100% fruit juice or fresh fruit juice.

Smoothie lovers also have to learn to tweak their recipes. For example, if an

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original recipe calls for vanilla ice cream, replacing this with non-fat or low-fat vanilla flavored frozen yogurt is a good substitute.

Remember, smoothies are healthy because they are mostly fruit and vegetables. Though the ideal smoothie has a milkshake type consistency, it should not be more milkshake than it is smoothie, especially in ingredients.

When buying commercial smoothies, either from kiosks or supermarkets, smoothie lovers are advised to read the nutrition facts and calorie count per serving, and what the recommended serving is; sometimes it's only half the bottle!

This should give the drinker a good idea of what exactly they are consuming, allowing them to judge whether or not it is truly healthy.

Good Smoothie Recipes

Here are seven great green and fruit smoothie recipes to get you started. One for each day of the week! These recipes were taken from *Sensational Smoothies: Drink Your Way to Health Deliciously*. [Check out Sensational Smoothies now!](#)

Banana and Oat Smoothie

1 large or 2 small bananas (chopped into bite size chunks, or smaller)
1 c ice-cold soy milk
1 tbsp. rolled porridge oats
2 ice cubes

Crush the ice. Add the soy milk, then the oats. Top off with banana chunks and blend. This makes a great breakfast smoothie!

Bahama Mama

2 tbsp. silken tofu
¾ cup chilled pineapple juice
¼ cup chilled plain yogurt
½ banana, peeled and sliced
½ cup strawberries.
2 baby carrots
2 tbsp. almonds
1 cup crushed ice

Put the pineapple juice, yogurt, and silken tofu into the blender. Blend until smooth. Add the banana, strawberries, crushed ice and baby carrots to the blender, and blend until smooth. Top off with almonds and blend.

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Carrot All Day Smoothie

1 carrot, peeled and chopped
¼ cup chopped cucumber
1 apple, peeled and cored
¼ cup cashew nuts
2 tbsp. sunflower seeds
1 cup chilled fruit juice of choice
¼ cup chilled yogurt
1 cup crushed ice

Put the fruit juice, yogurt, cashew nuts, and sunflower seeds into the blender. Blend until smooth. Add the apple, chopped cucumber, crushed ice and carrot, and blend until smooth. This is another great breakfast smoothie. Carrots provide so much energy, that this is sure to keep you both full and going till it's time for lunch!

Tangy Tomato Smoothie

2 tomatoes, chopped
1 cup tomato juice
juice of ½ lemon
3 basil leaves
1 cup crushed ice

Pour the tomato lemon juice, and basil leaves into the blender. Blend until smooth, then add the chopped tomatoes and crushed ice, and blend again. This is a great refreshing smoothie that fights cancer! Tomatoes are filled with lycopene, a natural anti-cancer component.

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Pear Kale Smoothie

½ cup green grapes, peeled
½ orange, peeled
½ pear, chopped
1 banana, chopped into bite size chunks or smaller
½ cup kale
1 cup water
2 ice cubes

Put the water, grapes, orange, and kale into the blender. Blend on low speed for 60 seconds. Add the pear, banana, and ice cubes, and blend again until smooth.

Banana Lettuce Smoothie

1 banana, chopped into bite size chunks or smaller
2 oranges, peeled and quartered
4 lettuce leaves
1 cup crushed ice
½ cup water

Put the water, banana, and lettuce leaves into the blender. Blend on low speed for 60 seconds. Add the oranges and crushed ice, and blend until smooth.

Apple Surprise

1 apple, cored and chopped
1 pear, cored and chopped
1 cup spinach, chopped
1 banana, cut into bite size chunks or smaller
1 cup chilled walnut milk
½ cup crushed ice

Put the walnut milk, spinach, and apple into the blender. Blend on low for 60 seconds. Add the pear, and blend on low for 30 seconds. Add the banana and crushed ice, and blend until smooth.

Smoothie Making Tips

The smoothie recipes above are easy to do and made with very basic ingredients, so you're sure to find what you need at the supermarket or at the farmer's market; if you want to make sure your fruit and vegetables are really fresh.

Before you start blending and drinking, however, here are some quick smoothie tips you should know!

1. Always pour the liquid into the blender first so that it isn't difficult for the blades to cut through the other ingredients.
2. If you don't have a blender yet, try to get one with a wide bottom, and has a glass jar. The wide bottom makes blending easier because ingredients don't get stuck at the bottom, and the glass jar is easier to clean and remains odorless (compared to plastic.)
3. If you don't have a blender yet, consider getting one that already has a smoothie button, which should do all the pulsing and pausing automatically.
4. Change your smoothie recipes often or get a good collection of recipes so that you have a lot of recipes to try. Changing your ingredients (both fruit and vegetables) will help get you an even greater amount of nutrients and benefits from the varying components. When adding greens, try to always add dark leafy vegetables.
5. Just like changing your fruit and vegetable ingredients, try to juice your own fruit. Doing this will assure that you have fresh fruit juice, which is the best. If this is costly or time consuming, use 100% fruit juice found in cartons (though carton juices do have incomplete nutrients because of the processing it goes through.) Remember to change juices often too; apple, orange, mango, and grape are favorites. NEVER use powdered juice.

Finally, remember that though most smoothies can replace breakfast, and you can have smoothies with lunch and/or dinner, it is still important to have food at lunch and dinner, such as lean meats, fish, and whole grains. These foods can accompany your fruit or vegetable smoothies. Even if you really know what you're doing in terms of adding protein sources (such as tofu, nuts and peanut butter) or grain sources (like oatmeal) to your smoothies, it is still best to have solid food during your day.

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Getting healthy through smoothies is easy, fun, and absolutely delicious! Within a few short weeks on regularly consuming smoothies, you will feel better and notice a difference in your health and energy levels!

More Recipes

For more details on the information given here, more recipes, as well as more tips to follow, [check out Sensational Smoothies](#) and start a healthy habit today!

