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Beginner lessons for Smoothies

Blend Your Way to Healthy Living with Smoothies!

DEFINITION

> Smoothies are blended drinks made from fruits, vegetables, and other nutritious ingredients. They are a quick and tasty way to boost your health.

KEY CONCEPTS

Base Ingredients

The foundation of your smoothie, usually liquids like water, milk, or juice.

Fruits and Vegetables

Fresh or frozen produce adds flavor, nutrients, and natural sweetness to your smoothie.

Add-Ins

Extras like protein powder, seeds, or nut butter enhance nutrition and flavor.

Blending Techniques

Start with liquids, then add solids for a smooth consistency; blend until desired texture.

Portion Control

Be mindful of ingredient amounts to keep smoothies healthy and balanced.

EXAMPLES

→ Banana Spinach Smoothie: banana, spinach, almond milk, and peanut butter.

→ Berry Blast Smoothie: mixed berries, yogurt, and honey.

→ Tropical Green Smoothie: pineapple, kale, coconut water, and chia seeds.

MEMORY TIPS

★ Remember the 'B.A.B.' formula: Base, Add-ins, Blend!

★ Use the acronym 'FAVE' for Fruits, Add-ins, Vegetables, and Extras.

★ Visualize a rainbow to include colorful fruits and veggies in your smoothie.

COMMON MISTAKES

✗ Using too much sugar or sweeteners.

✗ Neglecting to add a liquid base, resulting in a thick mixture.

✗ Not balancing fruits and vegetables for optimal nutrition.

QUICK RECAP

Smoothies are nutritious drinks made by blending fruits, vegetables, and other ingredients. Focus on a good base, add your favorite produce, and blend well for a delicious treat.