

# Why I Love Smoothies

Smoothies are one of the best things to add to your healthy balanced diet. There are so many reasons I love a smoothie and I am here to tell you why.

Firstly, they look pretty. With their bright greens and reds and oranges. They simple look appetising. Unless you mix berries with spinach and then you get an interesting looking brown muck. But this still tastes good which is the main thing. What gives these smoothies their vibrant colours? The fruits and vegetables you choose to put in them. And the ingredients you can choose to put into your smoothies are endless. Feeling the colour red today, try strawberries and raspberries. Thinking a green powerhouse. Give Banana and spinach a go. Maybe a yellow smoothie for a bright start to the day. Mango is your go to!

Now this takes me to the next reason I love smoothies. They are such a nutritional powerhouse when you combine the right ingredients. Pretty colours aside, you can add so much to a smoothie to make it healthy, filling and tasty. We know fruits go well in smoothies but try veggies as well. Cucumber, avocado, kale, spinach, carrot, beetroot, all of these work well in a smoothie. Add some healthy fats to fill you up. Try almonds, cashews, peanut butter, Chia seeds, linseeds, hemp seeds. All amazing ingredients to really boost the healthy aspect of your smoothie. Then you have your base. You can simply do ice or water, or you can add milk in all of its varieties. Skim milk, soy milk, nut milk, what every you want. Or try Greek yogurt for a thicker consistency or when wanting to make a smoothie bowl. Add protein powder to it to add an element of protein to again, keep you fuller for longer. Perfect for a post workout meal, protein smoothie 😊

Which brings me to my final point. Smoothies are great for on the go. I know so many people who skip breakfast with the main reason being “don’t have time”. Well problem solved. Prep all your ingredients the night before. Throw everything in the blender in the morning. Pour it into a protein shaker or other take away cup, and out the door you go. You can even blitz most smoothies the night before and simply shake and drink in the morning. Or grab after a workout for a quick re-fuel.

Smoothies look pretty (most of the time), they taste amazing, there are so many flavour combinations and they can be a nutritional powerhouse with the right ingredients. Don’t underestimate the value smoothies can bring to your diet. It could be just what you need to brighten up your diet.

