



## SMOOTHIE MAKER

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A while ago I was sitting in my neighbour's kitchen and spotted some brown bananas.

Thinking of Courtney's delicious [banana bread recipe](#), I asked her if I could have the bananas if she was planning to throw them out (I knew she wouldn't make banana bread herself - it's not common at all here in the Netherlands)! She kindly refused, explaining that they had a family addiction to smoothies, so every over-ripe banana was very much needed! Smoothies? It started to make me think:

1. Smoothies are yummy
2. Smoothies are healthy
3. I finally found the excuse to buy one of those cool blenders!!!

So, the next weekend I convinced my husband that for the health of our family we needed a KitchenAid blender. (I admit, I completely went for the look of it; I didn't read one review and didn't compare prices!) And I love it.

Now, having just entered the world of smoothie making, I've discovered it's an art by itself! There are a million recipes to find; you can use fruit, (soy)milk, yogurt, frozen berries, nuts, tofu, cereal, even egg whites!

A search on Google proved that smoothies are not always that healthy: stay away from sugar (honey is better), too much frozen fruit (less healthy and too cold for your body) and too many of them a day (makes you fat). I guess the ice-cream I was using is better left out as well.

Do any of you have good tips for great smoothies?

xxx Esther

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