



Smoothies and More, Inc.

# Smooth Operator

## Your Guide to Everything Smoothie

December 2001

Exactly how healthy is that smoothie?



How healthy is that smoothie? Well, that all depends on what you put in it. Most smoothie recipes contain one or more fruits, and so we begin with that part of the drink.

The first rule of thumb for fruit is to keep it natural. The less that has been done to the fruit the more it has to offer in the way of health benefits. Fruit that has white sugar added should be avoided. White sugar, according to thefruitpages.com "...is really very bad for you."

Fruits are loaded with good stuff. Most fruit, in its natural state contains some amount of fiber, protein, sugar (natural), and has no fat. Additionally, many fruits contain several vitamins such as A, C, B1, B2, B6, and E.

The wonderful nutrients that fruits contain can provide a number of benefits. For instance, fruits provide energy, via the natural sugars that can be found in them. Fruits contain protein

although the content is much lower than is found in meat. Meat therefore will take around 5 hours to digest versus fruit which can be digested in about 30 minutes.

Another benefit of fruit is the detoxifying effects that it has on the body. When eaten, from the time you get up until noon, fruit can really help your body to get

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The product that can make your smoothie experiences over the top yum!

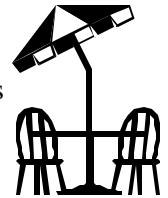
Remember the days of making your smoothie in a regular blender. You would have to add ice a little at a time in order for it to get crushed. Then you would have to stop the blender a couple of times to stir the mixture with a spoon just to make sure that all of the ingredients were well blended. Well no more! Now there's the Smoothie Elite.

According to dynadirect.com with the Smoothie Elite, "... every smoothie can be a fresh, healthy treat." To follow is a

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Did You know.....

Over 57% of our members prefer homemade Smoothies to those purchased at establishments.



### What's Inside

- ◆ Here's to Your Health— Exactly how healthy is that smoothie?
- ◆ Searching for new smoothie making tools—The product that can make your smoothie experiences over the top yum!
- ◆ The Recipe Box—New recipes to tempt the taste buds.
- ◆ Contact us. Do you have feedback or ideas to share? Do you want to become a member? If so write, email, or give us a call.
- ◆ Special offers from Smoothies and More. HOT deals at COOL prices.

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rid of toxic elements the body receives from things such as stimulants and pollution. If you're tired of playing the memory game, fruit is your friend. Another wonderful benefit of fruit is it can increase your memory. One of the substances that fruit contains, according to thefruitpages.com, is natural sugars. The natural sugars "...stimulate the brain so we can think faster and recall information more quickly."

Yet another useful benefit fruit offers the body is water. Most fruit has a water content of 80%. Since the human body is also made up of 80% water, it stands to reason that fruit is a good match for our bodies. Drinking 8 glasses of water a day will not have the same effect on your body as eating foods that are high in water content.

Now lets move to the other things that may be found in smoothies. Most recipes contain milk, ice cream, or both. These ingredients give a smoothie the creaminess that we all associate with the drink itself. Milk, as we all know, is a great source of calcium, and it helps you build and maintain strong bones. It has many nutrients like calcium, riboflavin, vitamin D and B-12, Potassium, and proteins. According to the Got Milk website, there is no other drink that has the nutritional values of milk. Since ice cream is derived from milk, the benefits are similar. Remember, buy low fat ice cream for your recipes and save a couple of calories.

On a closing note, to keep it healthy beware of all things artificial and resist the urge to dump chocolate into your otherwise healthy drink. Combine, mix, pour in a glass, and enjoy your smoothie.

## The Recipe Box

### Strawberry Banana Supreme

- ◆ 1 cup strawberry nectar or apple juice
- ◆ 1 cup milk
- ◆ 1 frozen banana
- ◆ 1 1/2 cups frozen strawberries
- ◆ 1 cup strawberry yogurt

Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing. Serve immediately. Each recipe serves 3-5.

### Orange Banana Cream

- ◆ 1 cup milk
- ◆ 1 1/2 cups orange juice
- ◆ 1/2 tsp. Vanilla
- ◆ 1/2 frozen banana (chunks)
- ◆ 1 cup vanilla Frozen Yogurt
- ◆ 1/2 cup orange yogurt
- ◆ 3 Tbs. orange juice concentrate

Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing. Serve immediately. Each recipe serves 3-5.

### Peach Refresher

- ◆ 2 cups peach nectar or apple juice
- ◆ 1 cup vanilla frozen yogurt



This months recipes were provided by Free Smoothie Recipes. For other yummy recipes, visit Free Smoothie Recipe at [www.free-smoothies-recipes-elite.com](http://www.free-smoothies-recipes-elite.com).



- ◆ 1/2 banana
- ◆ 1 cup peach yogurt
- ◆ 1 1/2 cups frozen peach slices

Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing. Serve immediately. Each recipe serves 3-5.

## Pina Colada

- ◆ 5 Tbs. Coconut milk
- ◆ 2 1/2 cups pineapple juice
- ◆ 1/2 cup vanilla ice cream
- ◆ 1/2 frozen banana (chunks)
- ◆ 1 1/2 cups frozen pineapple chunks

Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing. Serve immediately. Each recipe serves 3-5.



## Hawaiian Holiday

- ◆ 1 cup passion fruit nectar
- ◆ 1 cup guava nectar
- ◆ 1 cup orange sherbet
- ◆ 4 Tbs. coconut milk
- ◆ 1/2 frozen banana in chunks
- ◆ 1/2 cup frozen strawberries
- ◆ 1/2 cup frozen mango slices
- ◆ 1 cup strawberry yogurt

Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing. Serve immediately. Each recipe serves 3-5.

## Berry Blast

- ◆ 1 cup apple juice
- ◆ 1 1/2 cups lemonade
- ◆ 1 cup frozen raspberries
- ◆ 1/2 cup frozen strawberries
- ◆ 1 cup raspberry sherbet



Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing.

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product description and photo of the machine from dynadirect.com.

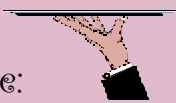
Custom Stir Stick breaks up air pockets and increases mixing efficiency. Making healthy, delicious smoothies has never been so easy. Container shape focuses ice and ingredients into the center where the blade can pull it down and smooth it. Easy measuring marks for 2 or 4 servings. Large 48 oz. smoothing capacity. Powerful motor and smoothie-specific features let you smooth and serve faster than an ordinary blender. Specially designed Ice-Crushing Blade creates consistent smoothie



texture and speeds delivery through the dispenser valve. You control the mix, so every smoothie can be a fresh, healthy treat. Dispenser Valve serves up smoothies quickly and cleanly, as well as allowing for continuous mixing and serving. From simple controls to easy measuring marks on the container, smoothies have never been so easy. Powerful 500 Watt Pulse-Power Motor smoothes ice and fruit into cool, healthy refreshment. MIX, SMOOTH, PULSE, and OFF buttons keep everything simple.

Thanks to dynadirect for the above product review. The Smoothie Elite can be purchased from dynadirect for a low \$49.00. Check it out!

Smoothies and More  
At Your Service:



Become a member of the Smoothies and More Smooth Operator Club. As a member you will be entitled to these great benefits:

- ◆ Monthly Newsletters
- ◆ Bi-annual recipe books
- ◆ Discounts at preferred retailers
- ◆ 2% discount on all purchases made at Smoothies and More
- ◆ Frequent buyers benefits - the more you buy the more you save
- ◆ Quarterly shopping catalogs
- ◆ View our online Members Only Corner for additional specials and services

For more information on becoming a Smooth Operator, call us toll free at 1-800-445-Cool or log on to [www.smoothoperator.com](http://www.smoothoperator.com).

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## This Months Features

**HOT** deals at **COOL** prices!

The following smoothie mixes are on sale 6 FOR \$20.00

Each package of mix contains enough mix to make three 8 ounce glasses. The wonderfully delectable flavors that are available:

- ◆ Banana Royal
- ◆ Passion Fruit
- ◆ Strawberry Blitz
- ◆ Colada Punch
- ◆ Orange Vanilla Swirl
- ◆ Mango Passion
- ◆ Peach Berry
- ◆ Strawberry Banana
- ◆ Fruit Jubilee
- ◆ Orange Crème
- ◆ Orange Mango
- ◆ Papaya Pineapple
- ◆ Wildberry Crème
- ◆ Raspberry
- ◆ Kiwi Banana
- ◆ Cherry Crème
- ◆ Strawberry Papaya

To order any of the above, call or email Smoothies and More and the phone number or email above.