



Smoothie Recipes For Beginners

Valerie Alston

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Smoothies are beverages that are prepared in a different way than other drinks. This is because smoothies are usually prepared using a blender wherein these drinks got their name because of the smooth appearance they get after they are blended. Smoothies are a bit similar to milkshakes because of their consistency which is thicker than most drinks. Most drinks are usually thinner. Smoothies are like liquid ice cream, in other words and they taste sweet as well. These drinks became popular during the mid 1960's and until now, they are still gaining popularity and are even sought after.

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