

Strawberry Banana Smoothie Is One Of The Most Searched For Weight Loss Smoothies This Year

July 08, 2015

July 08, 2015 - PRESSADVANTAGE -

According to Google search results, the strawberry banana smoothie is one of the most searched this smoothie diet recipes this year. While both strawberry and banana smoothies are popular on their own, this mash-up version of the two is a classic hunger buster. So why is everyone crawling all over the internet to discover this recipe? It might be due to the fact that it is low-fat and low-calorie, loaded with all-natural compounds like antioxidants and vitamins, and still tastes great.

Some versions of this recipe call for reduced amounts of strawberries since they are naturally high in fruit sugar. ?There are many ways to start the day, but most people go straight for their regular hot cup of coffee,? commented Sid Myla, the spokesman for the publishing press Cooking With A Foodie. ?We always encourage readers to start introducing fresh smoothies into their morning routine and feel the impact clean fuel will have on the rest of their day.? While all weight loss diets incorporate some form of a healthy food intake plan, smoothies are special in that they are applicable to almost any current diet. The benefits of the smoothie diet lie in its simplicity.

?The rise in popularity of this smoothie diet trend is self-explanatory,? added Sid Myla. ?They are easy to make, quick to consume, taste great, and best of all, virtually hassle-free.? The smoothie diet fad has been consistently growing in popularity over the last 5 years. Cooking With A Foodie recently commented that they will be releasing a new blender recipe book targeting specifically for Vitamix customers. The Vitamix blender is one of the highest-rated appliances in the market, and is capable of making foods beyond simple smoothies and juices. Sid Myla claims that when released, their new book will include over three hundred all-natural blender recipes.

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For more information about Cooking With a Foodie, contact the company here: [Cooking With a FoodieSidMylavarapu2027016495cookingwithafoodie@gmail.com](mailto:CookingWithaFoodieSidMylavarapu2027016495cookingwithafoodie@gmail.com) 1189 W Upas St San Diego, 92103

Cooking With a Foodie

Cooking With a Foodie creates high-quality cookbooks for popular kitchen appliances -- from barbecue and grilling to vegetarian recipes.

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