

2 minutes application break

Smoothies

Facts

Origin America

Dates back Early 20th Century

Ingredients Fruits, vegetables, protein powders, ice-cream, milk

Consumed as refreshing healthy meal replacement.

MixSing Shear



Design

Shear	CFD simulations confirms $>200,000 \text{ s}^{-1}$
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 1,000 cP
Accessories	
Materials	Stainless steel: AISI 316L. All materials: EC 1935

Insight

Smoothies are a popular beverage blending fruits, vegetables, and other ingredients. The history of smoothies can be traced back to the 1930s, when they were first known as “Fruit Milk Shake” or “Fruit Shake” and was made by blending fruits and ice cream. They have become a popular breakfast, lunch, and healthy snack.

The first recorded smoothie recipe was published in a 1936 issue of the “Boston Cooking-School Magazine of Culinary Science and Domestic Economics” and called “Fruit Milk Shake”. The recipe called for blending strawberries, sugar, and milk. This recipe was like a milkshake and was

primarily consumed as a dessert or a sweet treat.

In the 1960s and 1970s, smoothies began to be made with yoghurt, and it was during this time they began to be marketed as a healthy alternative to milkshakes. These early smoothies were made with yoghurt, fruit, and honey and were considered healthy food.

In the 1980s, the smoothie began to be popularized as a healthy drink, and the first dedicated smoothie bars began to appear in the United States. These early smoothie bars offered a variety of flavours and

ingredients, including fruits, vegetables, and supplements such as protein powder and wheatgrass.

Today, smoothies are a popular choice for breakfast, lunch and as a healthy snack. They are often made with a combination of fruits and vegetables and sometimes include yoghurt, milk, ice, honey, and other sweeteners. Some smoothies can also be made with protein powder, nuts, seeds, and superfoods to boost their nutritional value.

Smoothies have become a popular and healthy way to consume fruits and vegetables.



The power of simplicity

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