

Title:
Smoothies

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433

Summary:

In this day and age where eating healthy has become so important, so many people do not like t

Keywords:

South African recipes, South Africa, smoothies, fruit drinks

Article Body:

In this day and age where eating healthy has become so important, so many people do not like t

What is important thought, is to think of this as an opportunity to spend this time with your

I think smoothies are one of the greatest inventions of our time. I know you get a lot of fruit

My husband and I played around with some flavours the past weekend and I can tell you, it taste

The next one we tried, we used a mango, banana, yellow melon and yoghurt. This was `n sweeter

Making smoothies is a great time to spend together, learning to listen to each other and compr

Go on, try to make your own smoothie and have a great time!

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