

# HEALTHY FAST FOOD SMOOTHIE



Everyone wants to be healthy,  
and proper nutrition plays  
an important role in our lives.

Someone prefers not to spend  
a lot of time on food and eat fast  
food from McDonald's.  
And someone, on the contrary,  
bothers with healthy dishes  
and spends a lot of money  
on expensive products.





# And what is a smoothie?

A smoothie is a thick drink in the form of berries, fruits or vegetables mixed in a blender or mixer with the possible addition of milk, juice, ice, ice cream, vegetable oil and so on.



# A little bit of history

In the late 1960s, health food stores began selling smoothies, and then this drink appeared in all kinds of restaurants, cafes, coffee shops and supermarkets around the world.

In 1980, the growing popularity of sports and a healthy lifestyle led to the additional development of the health food industry. At the same time, various bars began to appear, where smoothies were an important component.







Vitamin A

Vitamin B

Vitamin C

Smoothie contains a lot of vitamins and also give a lot of energy. The drink is often included in the diet of a person who leads a healthy lifestyle. It is on a par with products such as tofu, fresh fruits and vegetables.



All you need to make it is  
fresh fruit, milk, a mixer and  
5 minutes of time. Peel,  
slice, mix - and a quick  
healthy breakfast is ready!

Smoothie

Pear

Apple

Orange







Bon Appetit!