

Learning To Appreciate The Power Of Pulp

(NAPSA)—A growing number of health-conscious Americans have turned to juicers and blenders to give their diets a needed boost.

There are a number of reasons for this trend. For one, it's believed a diet rich in fruits and vegetables can help prevent a wide range of ailments including chronic diseases. Also, many find it more enjoyable to consume their required servings of vegetables as a beverage—particularly if it contains their favorite fruit.

Unfortunately, many people may not be getting the most out of their efforts. That's because most traditional juicers remove the most important part of the fruit or vegetable—the fiber.

According to registered dietitian Dawn Jackson Blatner, RD, CSSD, LDN, author of "The Flexitarian Diet" (McGraw-Hill, 2009), a high-fiber diet may help lower total blood cholesterol levels and reduce blood pressure and inflammation. It may also help control blood sugar levels, aid in weight management, improve digestion and lower the risk for diabetes, cancer and heart disease.

"It's important to get both soluble and insoluble fibers from a variety of sources to be sure you're maximizing the benefits," said Blatner. "Blending whole foods together rather than consuming processed food and juices retains more of the fiber that we all need to be healthier."

Newer professional-quality blenders with superior blade technology, such as Ninja's new Mega Kitchen System, are helping to make it easier to eat healthier by turning whole fruits and vegetables into nutrient-complete juice and smoothies. These drinks contain the beneficial fiber and pulp that traditional juice extractors remove.



A new generation of professional-quality blenders with superior blade technology is helping to make it easier to eat healthier by turning fruits and vegetables into smoothies.

To help consumers take advantage of this new technology and leverage the "power of pulp" to retain more fiber in their diet, Blatner has shared one of her favorite recipes.

Pear-Oat Smoothie

- 1 cup low-fat milk**
- 1 small ripe pear (skin on), cored and chopped**
- ¼ cup rolled oats**
- 2 dates, pitted**
- ½ teaspoon cinnamon**
- 4 ice cubes**

Instructions:

Blend all ingredients until smooth.

Note: Add more ice for a colder/thicker smoothie.

To learn more, visit www.ninja-megakitchen.com.