

Delicious & Healthy

Home-Made Smoothies Made Simple

(NAPSA)—One of the last hold-outs against the consumer convenience trend has finally fallen.

That's because the "smoothie," a festive and fruity comfort food treat that's been experiencing a tremendous surge in popularity of late, can now be made easily at home in your own blender with complete smoothie mixes made from real fruit.

Fruit smoothies are a refreshing, nutritious, cool and creamy healthy snack you can make in three delicious flavors of Luzianne Smoothies mix: Strawberry Banana, Peach Mango and Mixed Berry.

Each contains real fruit plus soy protein. You just add water, juice or milk and ice, blend for 60 seconds, and you've made a cold, thick and creamy "smoothie shop" smoothie.

A quick meal when you're on the go, it's a good source of calcium and vitamin C and can make a great breakfast drink or after-school snack. Low-calorie smoothies are filling and taste great.

Try these easy recipes:

Strawberry Banana Blast

Makes 24 ounces

- 1 cup pineapple juice
- 3 tablespoons Luzianne Strawberry Banana Smoothie Mix
- 1 cup fresh strawberries
- 1 small banana
- 1½ cups ice

Combine all ingredients in a blender and process until smooth.

Peach Mango Madness

Makes 12 ounces



Getting kids to eat fruit can be smooth sailing with delicious, homemade smoothie drinks.

- 6 ounces vanilla yogurt
- 2 tablespoons Luzianne Smoothies Peach Mango Mix

- 1 banana
- 1½ cups ice

Combine all ingredients in a blender and process until smooth.

Berry Creamsicle

Makes 16 ounces

- 1 cup vanilla yogurt
- 3 tablespoons Luzianne Mixed Berry Smoothie Mix
- 1 cup raspberries
- 1 cup ice

Combine all ingredients in a blender and process until smooth.

Luzianne Smoothies are available in supermarkets in the powdered drinks aisle and produce section. To purchase online, visit www.luziannesmoothies.com.