

Juicer or Blender? You Decide

Well two great tools for today's healthy kitchen, let's start by telling you what each machine does. A blender is a standard piece of kitchen mixing equipment, for the raw foodist this is what you use to make delicious meal-in-a-glass smoothies!

A blender is simply a mixing jug with a rotary blade at the bottom; whatever you put in the top gets liquidized and turned into a drink! So for example you may throw in a banana, some soy milk, some strawberries and a few ice cubes and you'll have a delicious and easy to digest fruit smoothie, no waste, and no fuss and just swill out the blender jug when you are done. Simple!

The beauty of smoothie making is that there is no waste product, everything is used up in the drink, your ingredients are liquidized and made very easy to digest, just think of those lazy summer days with a tall banana smoothie in your hand and the sun's rays on your face perfect!!

Blenders also make short work of adding super foods and other drink enhancers to your smoothie; you could whip in barley grass powder, protein powder, ginseng, or any other healthy liquid or powdered supplement!

Buy a decent blender and you can make super easy to digest nutritious smoothies every day!

Ingredients suitable for blending:

- 1) Banana, Mango, Strawberry, Raspberry soft pulpy fruits!
- 2) Juice from your juicer
- 3) Nuts
- 4) Seeds
- 5) Kiwi fruit (peeled), Berries, Star fruit, passion fruit, avocado, grapes,
- 6) Orange and other citrus (peeled of course)
- 7) Super food
- 8) Greens complexes, powdered barley grass etc.
- 9) Protein powder! Go beefcake!
- 10) Seed oil, essential fats etc
- 11) Ice, ice baby, lets face it you want your smoothie cool, after all anything less than the best is a felony!
- 12) Leafy greens I often make a point of chucking in a handful of spinach

Now your juicer is like a key!! It's a key for taking all of Mother Natures natural fare and unlocking the raw liquid goodness from within!! Grab a carrot! Now look at that carrot and imagine inside it is charged with all the stuff you need, vitamins, minerals, enzymes and live nutrients for life!!!

Now your juicer allows you to take a handful of natures finest foods and separate the rough, tough, and hard to break down body of the fruit or veg from the pure liquid gold nutrient content within! If you were to take that carrot now and run it through a juicer now you would have two things, one, a small mound of bland dry pulp, and two, a glass of nutritional LIQUID GOLD!!! This is what the juicer does! It unlocks the natural raw power of fruits and veggies and gives them to you in a way that your body can fully and easily absorb!

Your juicer can give you a lifetime of service providing you with the best dietary supplement of all natural living juice!

Now there are obviously different types of juicer with differing capabilities so this gives you a good idea of which type of machine does what! Look out for more articles covering health topics in more detail.

About the Author

For more ideas on [juicers and blenders](#) have a look at our information archive. Mark makes a lot of [juicer](#) recipes and tries to be as healthy as he can be. Visit [Juicer or Blender? You Decide](#).

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