



GREEN SMOOTHIE CHALLENGE

Blenders...



Green smoothies consist of some pretty hearty greens, so many older home blenders may not blend quite as smooth as you might desire.

When I (Silvia-Harvest Health Staff member) started making green smoothies, I used my food processor. The smoothies were not-so-smooth but after drinking these smoothies for a few weeks, I was convinced of two things: 1. Green smoothies have become a healthy part of my daily routine. 2. investing in a strong blender makes the process of making green smoothies every day much more efficient.

Try the blender you have. The worst thing that can happen is that you old blender burns up and you have to get a really cool new one for your Green Smoothie habit!

When ever I consider a new "tool" for the kitchen, I am reminded of what my father always said. *"If you want to the job done right, make sure you have the right tools!"*. For more info on the BlendTec blender www.blendtec.com/TotalBlender.aspx

The blender has a 3 horsepower motor making quick work of anything you put into the jar! They also have a life time warranty on the blade. Clean-up is a breeze!

The Smoothie button - pulses so your ingredients don't get stuck in one spot in the jar of your blender. This blender has 17 settings even one that grinds grain. **Harvest Health Foods offers the BlendTec Blender**

For \$379.99 it Retail for 399.99.

Stop in and see The BlendTec at Harvest Health Foods.

