

Get the best from your smoothie

According to the World Health Organisation, a healthy diet should consist of at least 400g or 5 portions of fruit and vegetables per day¹.

Busy lifestyles can make this difficult. Drinking blended smoothies is an easy way to get more fruit and vegetables in your diet, but you want to be sure you've unlocked all the goodness and nutrients possible, without compromising on taste.

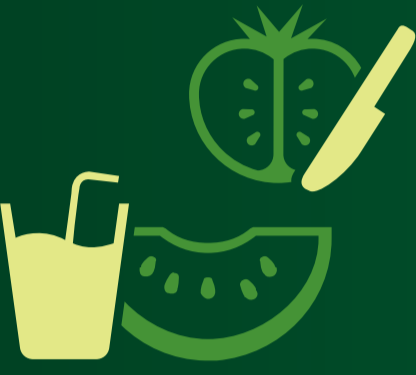


Why prepare smoothies at home?

- 1.** Making a smoothie at home means you can tailor it to your personal taste, and **select which ingredients you would like to use**
- 2.** Smoothies provide many of the nutrients our body needs such as vitamins, minerals, polyphenols and anthocyanins² in one tasty and refreshing drink
- 3.** Drinking smoothies can help you **reach your recommended daily intake of fiber**, which is 30 grams per day for an adult³. A diet rich in fiber can help digestion and prevent constipation
- 4.** Preparing your own smoothies at home means you can control the sugar content. **By adding vegetables you can make your smoothie have a lower concentration of sugar**



What is oxidation?



Oxidation occurs when any food is juiced, cut, chopped, shredded, peeled, chewed, dehydrated and then exposed to air. Cell walls in the food are broken and the cell contents are exposed to the oxygen. So, during the blending process, oxidation can immediately decrease the nutritional value of the vitamins and minerals released and causes browning, decolorization or separating.



What is a vacuum blender?

Vacuum blending is an innovative technique that involves **removing air from the blending container**. This allows you to blend smoothies in a low-oxygen environment, **minimizing oxidation of your ingredients**.



3x vitC

Philips' innovative StayFresh Vacuum technology keeps your smoothies fresher and **preserves three times the amount of vitamin C** after eight hours, compared to normal blending⁵.



Benefits of vacuum blenders:



Reduced nutrient loss: one of the most important benefits is that vacuum blenders help preserve nutrients like vitamin C⁶



Bright colors and fresh taste: smoothies prepared in a vacuum blender look better for longer. The absence of oxygen in the blender container prevents browning and protects the taste of fresh ingredients⁷



Less foam: as mixed-in air is what makes smoothies frothy, with a vacuum blender you don't have to worry about your drink getting foamy



Less separation: vacuum blending prevents air bubbles developing, which can cause layering in your drink. You get a more consistent smoothie, and each sip is packed full of nutrients and taste



Smoother for longer: if stored in a vacuumed container, vacuum-blended smoothies will retain their consistency until you're ready to drink them!



Inspiration:

Why not try one of these delicious smoothie recipes at home?



Apple, carrot and ginger smoothie⁸



Ingredients:

- Half an apple
- 2 carrots
- 1 tsp. ginger
- 100 ml of water

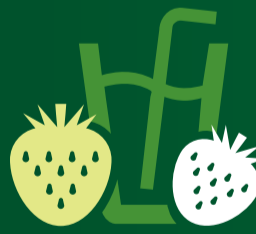


Directions:

1. Cut the apple, carrot and ginger into small chunks
2. Add all ingredients to the blender and blend until smooth
3. Enjoy your apple, carrot and ginger smoothie!



Health benefit: this smoothie is rich in vitamin A, which contributes to the functioning of the immune system, and helps maintain skin and vision.



Goji berries and strawberry smoothie⁸



Ingredients:

- 180 ml almond milk
- 2 tbsp. dried goji berries
- 50g strawberries



Directions:

1. Add all the ingredients straight into the blender
2. Blend until smooth
3. Enjoy!



Health benefit: this smoothie is rich in vitamin C, E and calcium, which contribute to a normal energy-yielding metabolism. Vitamin C and E also contribute to the protection of cells from oxidative stress.



Conclusion:

Philips believes there is always a way to make life better, but understands how tricky it can be for people to fit the right amount of fruit and vegetables into their diet. However, **eating healthier and making better nutritional choices doesn't mean you have to compromise on taste**. Smoothies are a simple and delicious way to do this, and with the Philips High Speed Vacuum Blender you can **seal in the goodness of your smoothie and enjoy the freshness throughout the day**.

1. World Health Organization, Healthy diet. Fact sheet N°394. <http://www.who.int/mediacentre/factsheets/fs394/en/>
 2. Polyphenols and anthocyanins are a category of chemicals that naturally occur in plants, and are antioxidants. Antioxidants are known for their ability to combat cell damage
 3. <https://www.nutrition.org.uk/healthy-living/basics/fibre.html>
 4. <https://www.nhs.uk/Livewell/Goodfood/Pages/how-to-get-more-fibre-into-your-diet.aspx>
 5. Compared to blending without the use of vacuum function in Philips HR3752, test conducted with tomato by independent laboratory Nov/Dec 2017
 6. Preserves three times the amount of vitamin c after eight hours, compared to blending without the use of vacuum function in Philips HR3752, test conducted with tomato and strawberry by an independent laboratory Nov/Dec 2017
 7. 85% of participants prefer vacuum blended smoothies over non-vacuum blended smoothies; 82% agree that the taste is fresher, test conducted with Vacuum Blender HR3752 in Germany and China in Jan 2018
 8. <https://www.philips.co.uk/c-m-ho/food-preparation/healthy-drinks-recipe-app>