

Instant Healthy Meals You Can Take on the Go

With more people trying to lead healthier lifestyles, many have turned to high-speed blenders that can not only make you great vegetable and fruit smoothies, but also delicious soups from raw vegetables and other ingredients.

Blending is a great way to consume fruits and vegetables, for several reasons:

Convenience — You can make a smoothie in a jiffy and in a fraction of the time it takes to prepare a meal. Smoothies make great, ready-to-eat meals that can be consumed immediately or brought along to work, to drink on your commute, to a picnic or ballgame.

It's healthy — Blending raw fruits and vegetables breaks them down into particles that are easy to assimilate by the body. This is especially important, considering the fact that many of us do not chew well enough and/or have digestion problems like acid reflux.

The 'Yum' factor — Raw soups, smoothies and their ilk are delicious and can suit almost anybody's palate.

Especially good for kids — Blended raw fruits and vegetables are the ideal baby foods and can be added to a child's diet from an early age.

There are several benefits to eating blended raw foods, beyond their convenience: more energy, more mental clarity, better sleep and more regularity.

One of the ideas behind raw foods is that heating food destroys its nutrients and natural enzymes, which is bad because enzymes boost digestion and fight chronic disease.

Proponents of raw food claim that their diets clear up headaches and allergies, boost immunity and memory, and improve arthritis and diabetes.

You'll probably lose weight on this diet, since many raw foods are low in calories, fat and sodium, and high in fiber. Many studies have found that raw food diets lead to weight loss.

You'll also get nutritional perks. Most of what you eat will be high in vitamins, minerals, fiber and phytochemicals. And it's true that cooking can zap vitamins B and C.

But you may not want to go hog-wild and eat just raw foods. You have to make sure you're getting enough protein, iron, calcium, and other vitamins and minerals like B12.

Many people who are not vegetarians or vegans will use these blended meals to replace one meal a day and include animal products in their other meals.

Blender types

If you can afford one, a high-speed blender is the best option as they are the best in liquifying foods thoroughly.

One of the top brands is Vitamix, but with many models costing more than \$600 it may be out of many people's price range. The next-cheapest brand is Blendtec, which retails for \$450 and up if you shop around. Both brands also sell refurbished units for less.

There are other brands of varying quality, but those two are the gold standard among raw food aficionados.

Of course, in many cases a normal blender will work just fine. The main difference is the speeds at which the Vitamix and Blendtec work. And they can turn at such a velocity that they will actually heat up the food and make soup.

Recipes

Besides smoothies and soups, you can also use your blender to make sauces and puddings.

Here are a [few delicious recipes](#) you can incorporate into your diet.

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