

Published based on [The Benefits In Consuming Banana Smoothies](#)

The Benefits In Consuming Banana Smoothies

With many people getting more health conscious and looking a lot more meticulously at the nourishment they consume, smoothies have become a lot more widely used. It seems that the group who are the largest consumers of these ready-made, store bought smoothies are those in the under 35 age group who are health aware and looking for nutritionally balanced products.

I think that many of them would be buying a smoothie maker or blender for themselves if they realised that home-made smoothies are also even better for them. You will find none of the colours, flavours, preservatives or sweeteners sometimes found in the ready-made versions if you make them yourselves at home. To increase the shelf-life of the shop bought smoothies, they are often pasteurised or heat treated - this is another process that is 'skipped' when you make your own! To get an easy and yummy recipe, use this link to take a look at [avocado smoothies](#) - just one from the good range at Best Buy Smoothie Maker.

If you have not tried making smoothies at home, the banana is a very easy fruit to begin with. Bananas are packed with vital nutrients and taste great either made into a smoothie with probiotic yogurt and ice cubes or by adding other fruits such as berries to make something even more tasty.

You may be surprised to learn that the humble banana is one of the richest natural sources of a vitamin that is vital in the health of the body's immune system. This is vitamin B6 and is often also called the "feel-good" vitamin because it is vital in the conversion of Tryptophan to Serotonin which has a natural soothing and calming action.

Bananas are also high in fiber and this is vital for the correct functioning of our digestive tracts. Getting enough fiber is very important if we are to avoid relatively minor discomforts such as piles and constipation. More importantly though eating a diet with the correct intake of fiber helps us to avoid more serious problems in the long-term. These unpleasant illnesses include cancer, particularly of the colon and bowel.

Bananas are also a rich source of minerals such as potassium and magnesium. These two minerals are both very important in lowering our chances of getting Osteoporosis. Potassium is important because it helps us to hang onto more of the calcium that is vital for the health of our bones by preventing excess loss in our urine. Magnesium is vital to help the efficient absorption of calcium. High blood pressure has also been linked to low potassium levels and as high blood pressure can cause many problems, this is certainly something to bear in mind.

Now that you know how easy it is to make your own smoothies and how fruits such as bananas can have really great health benefits, why not get cracking and make some smoothies for yourself at home? When you mix fruits or fruits and vegetables together in smoothies, they are broken down so they are really easy for our bodies to absorb all the goodness. So, rather than buying ready-made smoothies, save yourself some money and start getting the health benefits of making smoothies at home.

To obtain delicious smoothie recipes that will be loaded with fresh fruit health benefits and also reviews of the best smoothie maker brands and where to find them for the best prices, [click here](#) to go over to Best Buy Smoothie Maker internet site now!

You can also find this article published on [The Benefits In Consuming Banana Smoothies](#), and on the tag pages [Food and Drink](#), [Healthy Eating](#), [Nutrition](#), [smoothie maker](#), [smoothies](#).