

Milkshakes

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If you are like me, you have enjoyed milkshakes since you were a child. When I think of milkshakes, I think the summer time. Drinking something cool and refreshing to cool down on a hot day. As you know, protein is a major component of the diet. I would like milkshakes, which is not only refreshing, but it's good for me as well. These are easy to make and are a good way not only for the things your body needs, but a great snack. Here we are talking about a couple of my favorite recipes. Take notes, I am sure that this will soon be your favorite. First of all, you need a mixer. You really can not do this without one. You can be a cheap and use them again and again. If you are serious about your health, I suggest you only get one right away. None of these are your diet to replace. They should not start to drink this place in the kitchen. Not only that at the end you feel terrible, you will end with the shits. Yes, this is what happens when you eat it all the time. I will not go into precise measurements. I can not say what you like and what you do not like. Do you like bananas? If so, just add a little more. You do not need my permission. Take a few cups of milk. You can use the browse if you like. I prefer whole milk, but it is what I grew up. Put a banana, I have a scoop of protein powder, a drop or two of vanilla and some ice. You can use ice cream to low-fat. And enjoy this mixture.

I love the taste of bananas and added punch of vanilla will be. Do not add too much vanilla, which will make him taste awful.

Here is another of my favorites. If you want to add muscle mass, you will love it. Take some skimmed milk. Add a handful of strawberries and a banana. Add some protein powder. Now, add about four or five protein. Depending on how much weight you want, add protein. I also have a couple of ice, I have not much to add, as I would for the first. When I try to muscle mass, I have more fruit than ice. I know that some people have different opinions about this, but this is how I like it. I will only say this once. So, be sure to pay close attention. You are about to eat raw eggs. Yes, you can get sick from eating raw eggs. But if you treat them properly, you will not have to worry. Do not let the eggs sit in the open air for too long. Do not put them in front of the window and take a nap. You want to break the eggs and shake your drink as soon as possible. If you keep eggs and cold drink right away, there is not much chance of getting sick. Anything with raw eggs need to be kept cold! Here is another one that is fairly easy. I take an apple and diced it up, before I put them in the blender. You do not have to chop it into mush, but just enough to do the job easier on the mixer. Let the mixer to the bulk of the work. Set in a cup of blueberries. That sounds a little strange, but I also have a carrot in it. I do this to some of the carbohydrates to shake. I also have a couple of skimmed milk. This may seem strange to the party, but hear me. I do not add ice cream to it. Is what I do, I put some ice cubes in place of ice cream. This will not shake as a cream, but it will still make it potable. You can do to avoid the extra calories. I do from time to time depending on how my diet is. There are also other things you can add to your shaker which will make them taste better. Keep in mind that you can change one of them to suit your needs. We all feel like something different from time to time, do not worry about changing things a bit.

You can use any fruit that you like. There is really not much that is a problem. All fruit is good for you. I would suggest that you get whatever is in season. I would check to see if your area has a local farmers' market. This is a place where you buy fruit and vegetables directly from farmers. They can not be much fresher than that. Also, you have the opportunity to support farmers in your community and get to know some of them. Do you have a favorite fruit? Find out what farmers grow you prefer. If you know you over the years should be able to secure a discount or a manager, if they are picked. You can use vegetables in your shakes. If you have a juicer, I suggest you add the juice and juice. You can replace a portion of the milk for the juice. You should not something like juice garlic or onions, carrots and celery, but are two good choices. There are a lot of vegetables, which are high in nutrition, which will go well with your shakes.

You can things like, maple syrup, chocolate syrup, honey, caffeine, and so on. You have to bear in mind if you add a little sweet as honey, adds that calories. You may not want, depending on your workout plans. Stimulants are something that you should be careful with. You can, but be careful. I would suggest that you contact your doctor before using them.

by Paul Freegale