

## Optimum Blender Endorses Smoothies as Healthy Breakfast Option for Teens

Written by Australian Business

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SYDNEY, AUSTRALIA, September 13, 2013 **/24-7PressRelease/** -- As back to school time rolls around once again,

[Optimum Blender](#)

explains that breakfast often becomes a source of morning chaos in the home. Parents want to make sure their kids are properly fueled up for the day, but their children are reluctant to get out of bed and may push breakfast options away. This is why a new

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urges parents to make their breakfast-resistant teens a "power smoothie." The drink offers the nutrients that young minds need, while still remaining appealing to barely-awake students.

Smoothies can be presented in a to-go cup as students are running out the door. The sweet taste and manageable texture makes it the perfect early morning breakfast, even for those who are not typically morning people. A cute straw helps to make the meal even more appealing.

There is no shortage of ways that parents can make a delicious smoothie. It really depends on the child's preferences. Some moms and dads prefer to add sliced banana, peanut butter, skim milk, and protein powder. Others opt to use various fruits and Greek yogurt. The combination possibilities are endless, and all provide the essential nutrients kids need to focus in school.

"There is no limit to the options available when it comes to making a smoothie for breakfast," states a representative from Optimum Blender. "If the student loves mangoes, make a mango smoothie. If they prefer raspberries, make a raspberry smoothie. Parents can also use either fresh or frozen fruit, thus making it even easier to keep the ingredients on hand to make the ideal on-the-go breakfast. The best thing about smoothies is that there is no recipe needed and no time-consuming preparation. A parent can simply look at what they have in the fridge and pantry, and use these ingredients to make a breakfast that will fuel their kids throughout the day. This option certainly makes mornings a lot less stressful."

Parents can also use fresh fruit that it is in season in order to give the drink even more flavor. This may include apples, peaches, or fresh blueberries.

This allows kids to get their daily fruit requirement, without having to force them to cart a messy item along with them on the bus.

Some particularly sneaky parents may even use this tasty breakfast drink as an excuse to get their kids to eat their daily dose of veggies. Adding spinach or kale will not alter the taste of the

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drink, but helps kids to get even more of the nutrients they need. This easy addition is the perfect way to avoid dealing with conflicts over the necessity of eating vegetables with dinner.

"Many young people explain that they just hate the way veggies taste. When they are disguised in the sweet smoothie, they are eager to drink the meal and do not notice the presence of kale or spinach, giving kids the vitamins they need without causing a fight about the taste," states a representative from Optimum Blender.

### ABOUT:

Optimum Blender offers a wide selection of high-quality blenders for both commercial and residential use. All of the company's products are sophisticated and sleek and are made with top-notch ingredients.