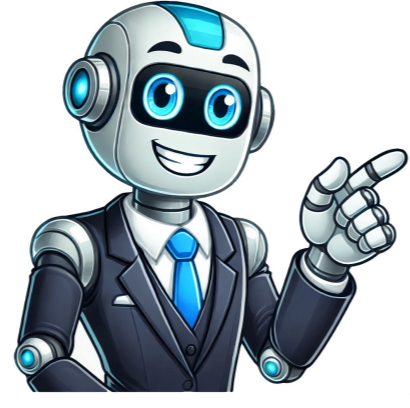


I'm not a bot



leafy vegetables have a bitter flavor when served raw, but this can be ameliorated by choosing certain less-bitter vegetables (e.g. baby spinach) or combining with fruits or other sweet ingredients.[15]A protein powder (e.g. milk, protein powder, fruits, and vegetables. They can be consumed any part of the day and are used as protein supplement for those who want to increase their protein intake. Protein powder can have a chalky taste when mixed individually by itself with milk or water. The protein smoothie improves the taste of the protein powder through addition of fruits or other sweeteners.[16]A yogurt smoothie is a smoothie that includes yogurt as a protein source and to add a creamy texture to the drink. Greek yogurt, specifically, is included as a thickener (due to its strained consistency) and in order to take advantage of its claimed health benefits.[17]This section does not cite any sources. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. (September 2024) (Learn how and when to remove this message)Many different smoothies are part of Indian, Mediterranean, and Middle Eastern cuisine. Fruit sharbat (a popular West and South Asian drink) sometimes include yogurt and honey. In India, Pakistan and Bangladesh, lassi, a yogurt smoothie composed of crushed ice, yogurt, sugar or salt, and in some cases fruits, like mango. Pineapple smoothies made with just crushed ice and sugar are common in Southern India. Lassi or a very similar drink exists by different names in other countries. For example, doogh in Iran, shumlay in Afghanistan and some parts of Pakistan, ayran in Turkiye, and dhall in Armenia.Society portalDrink portalFood portalAyransChaasDooghGazpachoHealth shakeKumisLassiList of beveragesList of dairy productsList of fruit dishesList of yogurt-based dishes and beveragesMilkshakeNutmeg (fruit)^ "Smoothie". Oxford Dictionary. Oxford University Press. 2018. 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