

Unit 13 A Smooth Mix



liquid

sweeten

protein

consume

nutrients



We all know that fruits and vegetables are good for us, but many of us don't _____ enough of them each day. If this sounds like you, then consider making smoothies at home. These tasty drinks are a simple way to add more _____ to your diet. 我們都知道水果和蔬菜對我們有益，但我們很多人每天沒有**攝取**足夠的蔬果。如果這聽起來像是你的情況，那就考慮在家做果昔吧。這些美味的飲品是替你的日常飲食增加更多**營養素**的一個簡單方法。

Smoothies can be made with just about any ingredient. Besides fruits and vegetables, they may also include milk, yogurt, or other dairy products. Furthermore, you can add in honey to _____ the smoothie or nut butters or seeds for _____. All of these are put in an electric blender and mixed until they form a smooth, ready-to-drink _____. 果昔幾乎可用任何原料來製作。除了蔬果之外，也可以包括牛奶、優格或其他乳製品。此外，你可以加入蜂蜜讓果昔**變甜**或是加入堅果仁醬或種子來獲得**蛋白質**。把所有這些原料都放進電動攪拌機裡混合，直到形成滑順、可以準備飲用的**液體**。

flavor

heaven

option



healthfulness

hard-and-fast

The _____ of a smoothie depends entirely on its ingredients. Store-bought smoothies are convenient, but they often contain added sugar for better _____. Making your own smoothie at home allows you to control what goes in it, which is why it's a better _____. 果昔的**健康度**完全取決於原料。店裡買的果昔雖然方便，但為了**風味**更好常含有添加糖。自己在家做果昔讓你可以控制加進去的東西，因此是較好的**選擇**。

And with the right ingredients, a smoothie can make for a great post-workout or afternoon snack. It can fill you up quickly, which stops you from eating unhealthy high-calorie snacks. Just remember not to drink too much in one serving! 而且原料對的話，果昔可以成為很好的運動後或下午的點心。它可以讓你很快就有飽足感，能阻止你吃不健康的高熱量點心。只要記得每次的量不要喝太多！

Although there are no _____ rules governing smoothie recipes, some ingredients mixed together seem to be matches made in _____. Here are a couple of smoothie recipes to get you started: 雖然果昔的食譜並沒有**嚴格的**規定，但某些原料混合再一起似乎是**絕配**。這裡有一些果昔食譜讓你可以開始做做看：



normally

immediately

preferably

remaining



Green Smoothie: 綠色果昔



1. 1 cup of spinach, washed well (can be replaced with another leafy vegetable of your choice) 一杯仔細清洗過的菠菜
2. 1 cup of iced water 一杯冰水
3. 1 cup of fruit, such as mango, pineapple, or bananas (_____ frozen) 一杯水果，例如芒果、鳳梨或香蕉(最好是冰凍的)

Place the spinach and water in the blender, and blend until there are no more leafy bits. Add the fruits and blend until smooth. Drink _____

. 把菠菜和水放進攪拌機中，然後攪拌到沒有葉菜碎片。加入水果攪拌到均勻滑順。立即飲用。

A green smoothie _____ contains 40-50 percent green vegetables. The _____ ingredients are mostly fruits. 綠色果昔通常含有百分之四十到五十的綠色蔬菜。其餘的原料主要是水果。



peeled

chilled

seasonal



Sunny Smoothie: 陽光果昔

1. 500 ml carrot juice, _____ 五百毫升紅蘿蔔汁，**冰過**
2. 200g pineapple, cut into pieces 兩百公克鳳梨，切塊
3. 2 bananas, cut into pieces 兩根香蕉，切塊
4. a small piece of ginger, _____ 一小塊薑，**去皮**
5. 20g cashew nuts 二十公克腰果
6. Juice of 1 lime 一顆萊姆榨汁



Put all the ingredients into the blender and mix until smooth. Pour into a cup and enjoy. 把所以原料放進攪拌機裡混合到均勻滑順。倒進杯子裡，就可以享用了。 For whatever kind of smoothie you're making, it's preferable to use local, _____ fruits and vegetables. They are fresher and cost less. You'll also be helping out local farmers—and that's always a good thing! 不管你是做哪一種果昔，最好是用在地**當季的**蔬果。它們比較新鮮也比較便宜。你也能幫助在地的農夫—那永遠都是好事！

