No Air

Try these tricks for less foamy smoothies

March 6, 2017 By Kate Ferguson

Many people just can’t stomach the froth that’s produced when mixing fruits and veggies in a blender to create a smoothie. The culprit in these incredibly delicious and healthy beverages is air; the challenge is how to get rid of this bubbly by-product of whipping foods at high speeds.

According to Jane Haddad, author of Green Smoothie Habit, the solution is to make your blended drink with fruits that contain more soluble fiber, such as mangoes, avocados and bananas. Also, to eliminate air in the mix, set the blender on low for 10 to 20 seconds after the smoothie is done. In addition, you can schoop out the froth with ah spoon and toss it in the sink.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/air