

Date Idea: Homemade Smoothies



By [Sarah Batcheller](#) and [Mara Miller](#)

It's hot outside, and you and your beau have exhausted every effort to bare the record-breaking heat. One thing you may not have tried, though, is a day inside blending together your favorite ingredients to concoct the perfect smoothies. All you need for this [date idea](#) is a blender and your favorite fruits. A day well-spent indoors this summer is just what the two of you need to wind down and cool off!

Check out Cupid's best relationship advice for beating the summer heat

with this date idea!

Smoothies are fantastic because they're an easy and delicious homemade treat. Whether you have a sweet tooth or you're a health nut, there are dozens of smoothie recipes out there for you. The Food Network has listed fifty of their own, and you're bound to find more as you search. You can stick to traditional strawberry banana, or you can try your hand at more unique recipes. SimplyArtisanal.com has some very fun ideas that are sure to "wow" your lover like vanilla fig and peach fuzzy navel. Don't be shy about blending different recipes; the whole point is to stay in and try something new!

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Half the fun of this weekend date idea is in the preparation. Pick out your favorite recipes; make a list of everything you'll need; and hit the grocery store. It doesn't matter if you're on a budget or willing to splurge – you can find something that fits your desires. If the two of you want to challenge each other, split up at the grocery store and pick out your favorite ingredients. Follow this relationship advice and surprise your partner's taste buds with your creation!

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You and your partner can even have a contest to see who can come up with the best recipe. For added fun, create categories like "most original", "best tasting", or "most disgusting." Then, the date will be more about the time you're spending together and less about the actual smoothies (not that we're against that). If you're turning the smoothie-making into a day-long event, you'll want to remember to make small portions each time so that you can both try them all!

What is the best smoothie recipe you've ever made? Tell us in

the comments below!