

Smoothies Can Be a Healthy and Refreshing Alternative to Other Summer Treats

Smoothie Sailing

Would it surprise you that smoothies have been around since the 60's? Kellie, a 17-year-old student, was shocked to know that her favorite drink predated her parents, but that doesn't stop her from searching for a different spin on the tasty treat! "My favorite is a strawberry and banana, but there are a lot of mixed berry drinks that I like to try," she says. "The berry flavored drinks really cool me down and keep me feeling light, unlike milkshakes and lattes."

Smoothies are a great alternative to the hot, often high calorie lattes and coffee specialties we have come to love and also make a wonderful summer delicacy. Fortunately for Katy residents, these tasty treats are not just found in health shops anymore but in a variety of stops all over Katy. Below is your guide for finding smoothies this summer...and a little bit more!

Jamba Juice

23501 Cinco Ranch Blvd.

281-574-1646

jambajuice.com

This year Katy welcomes Jamba Juice, now open in the new La Centerra at Cinco Ranch, across from Cinco Ranch High School. Well known for offering highly nutritional products, Jamba Juice mixes some of the best flavors around! Along with the classics, these smoothies can come in a variety of choices to tempt your taste buds. Strawberry Nirvana, Tahiti Green Tea, and Chocolate Moo'd are just a few of the interesting mixes you will find.



Katy cutie at Maui Wowi



The great tropical décor at Maui Wowi on Fry Road

Fruhstucks

1101 S. Mason Road

281-829-2707

www.fruhstucks.com

Fruhstucks, a German bakery off of Mason, is not your average dough maker. It's a place you will also find mouthwatering smoothies that will quickly put a smile on your face. Although Fruhstucks specializes in pastries, you will easily fall in love with the Mango Mama and Strawberry Crush.

Janus Coffee House

23920 Westheimer Pkwy.

281-392-0317

Fairly new to the Katy Area, Janus Coffee House hands out a mean Green Apple smoothie and a lot of hospitality! This is one place you will enjoy letting all your cares slip away. From Mango Peach to White Berry, this comfortable coffee house is nestled in the heart of Cinco Ranch and offers places for lounging and a convenient drive thru. As you leave this summer with a smile, don't forget to get your punch card.



barista, Dave Ferry, who mixes some of the best smoothies in town and courteously hands them to you through your car window. From Peach and Mango to Four Berry and Pineapple Paradise, these fruity concoctions will cool you down fast and tingle your taste buds at the same time. Be sure to check out the family-friendly kids menu too! Call ahead and order...Dave will make it just the way you want it and have it ready for you when you drive up.

Java Jo'z

971 South Mason Road

281-398-5282

www.javajozofkaty.com

No need to get out of your car to enjoy a delicious smoothie at Java Jo'z! Conveniently located on Mason Rd. (at Cimmaron) Java Jo'z is drive up Smoothie & Coffee joint where you can stay cool inside your car and still satisfy your smoothie craving. Many times you'll be greeted by owner and

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Maui Wowi

3950 Fry Road
281-579-1121

www.mauiwowi.com

At Maui Wowi you don't have to just drink it, you can live it! Overflowing with tropical enthusiasm, this little shop off Fry Road is bursting with Hawaiian flavors that will excite your taste buds and keep you coming back all summer long! To find your favorite flavor and other business information, check out their website. And don't forget to shout "Shaka Bra" on your way out—a traditional Hawaiian gesture for hang loose!

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Elise at Maui Wowi

Port City Java

3719 North Fry Road
281-829-0505

www.portcityjava.com

Port City Java is one place you are guaranteed a real fruit smoothie with no additives. That's right, folks, a whole pound of just fruit! With the convenience of drive thru, Port City Java will cool you down in no time!

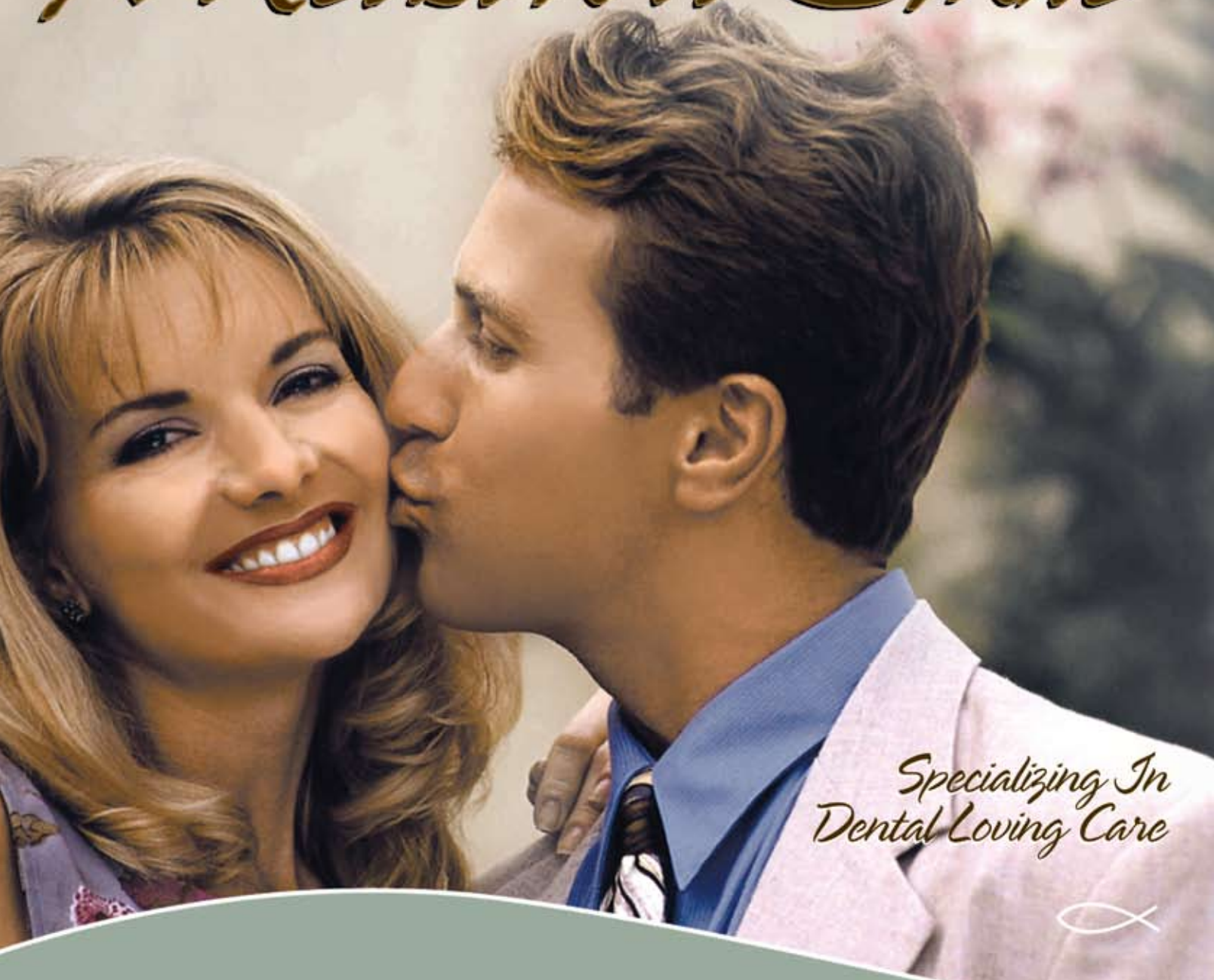
Teahouse Express

5000 Katy Mills Circle
281-347-2035

Whether you're headed to the movies, shopping for back to school clothes, or just trying to cash in on a really great buy, it's simply not summer unless you've been to Katy Mills Mall. Combined with Gamemania, this cozy little shop will provide hours of entertainment for the kids while you find the best name brand bargains around. Just be sure to grab one of their tasty smoothies before hitting the mall. Oh, and don't forget to go back and pick up your teen!

Crystal Swaim is currently attending Cy-Fair College pursuing a degree in education. She lives in Katy with her husband, Michael and daughter, Allison.

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