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### This report looks at the following areas:

- MTO smoothie purchases remain low among older generations
- High sugar content, calories, and cost are significant barriers
- MTO smoothie consumption is on the rise
- Functional ingredients appeal to Millennials



"Smoothies are a healthy menu item staple, and their popularity is growing. With more smoothie choices than ever, operators must target specific occasions and offer ingredients with strong functional claims. Moving beyond a one-size-fits-all approach and allowing for customization of smoothie ingredients is also a opportunity for operators to appeal to consumers' unique lifestyle needs."

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