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06/01/2017 This thing is great. Its taste is a little condensed milk, but it is not very sweet and also becomes super creamy. I added some vanilla beans. I froze it in small glass jars to serve individually (keeping the children on the counter to melt). Just fill it 2/3 full and stir in fruit, jam, rum soaked raisins... and you found out. That's a great recipe. Thanks for sharing it. 08/04/2019 I have done this several times. To make chocolate add 1 half cup of cocoa powder. Walnut oil melted 2 T butter in a frying pan. Add 4 ounces of baking sticks to a frying pan beat about 3 minutes. Allow the mixture to stir. Today I added strawberry puree and shaved chocolate. I turned the mashed chocolate shaving with the mixer. My experience of 1in is strawberries and chocolate chips. The chips turned into frozen strawberries in the ice cream. The strawberry wasn't delicious, but he definitely preferred puree. I also add about half a teaspoon of vanilla. I love the basic recipe. There are no ice crystals. Even better, I know it's safe. 07/24/2017 This was my first adventure in homemade ice cream and I chose this one because it's easy. It took me a long time to adjust than I expected. Three to four hours. I'm not sure if that's normal or not. I added vanilla for extra flavor, but I found this with an extremely sweet condensed milk flavor. After it cooled down at night, it was still very soft and very sweet. 11/23/2018 Super easy. Good use for cream residues. 08/10/2020 I am re-writing my review, it turns out I have been given false information (and product) by a local specialist grocery store. Having found the right sweetened milk and made a fresh batch well the results were amazing. I added a small jar of homemade strawberry-rhubarb jam and 3 tablespoons of vanilla extract - completely fantastic. Please forgive me - that's great, easy and pleasant recipe 01/05/2020 I made a few changes I added vanilla and cinnamon for taste I am lactose intolerant, so I can not eat it, but it is fun to do with the family, but I will probably get alone and will most likely eat a little and my sisters tell me that I love it 05/21/2019 Made this and swirl in a little strawberry and magnolia puree. I read elsewhere that vanilla extract helps not to become too difficult. I find it best in about four hours. I like flexibility, but you need to find a version that doesn't have that much fat and calories, but what fun is that? => 07/27/2020 I've been doing this for a while. As long as you have whipped cream and sweetened condensed milk base, you can make almost any taste you want. I made mint chocolate, chocolate chip moq, fruit and honey (it was too sweet because of honey), cherry vanilla, sweet and cream, chocolate chips dough for biscuits, and even some flavors, such as Cosmic M&M (it's vanilla ice cream, purple with mini M&M pieces and a little glitter to give this galaxy garden dirt (then mix it with candy and dry pudding mix. This is called because, after sticking edible flowers and chewing gum worms in it, it looks like garden dirt) and blue salted ice cream with chocolate chips and brownie pieces. 08/05/2020 It's just fantastic. Do not break or need special ingredients or a lot of labor. I've done it twice (so far). After adding grated chocolate and after adding chopped cherries. Good luck, measured by rapid extinction, both times. I recommend it. 1 of Anthony J. Hicks' 2 2-Ingredient Ice Cream 2 by 2 2-Ingredient Ice Cream Buckwheat Queen published on January 1, 2021. Chairs and desks are needed parts for most people's work environment, but this comes at a price. Often people experience back pain or neck pain from sitting in front of the computer. And in some extreme cases, people may experience several health problems due to sitting on their chairs throughout the day. This problem has been around for a long time before this pandemic began, as people's lives involve a lot of sitting. Not only are we sitting at a desk, we're sitting on couches watching TV, etc. According to the study, we spend an average of 13 hours a day sitting down , whether for leisure or work. No wonder people need to find better solutions to improve posture. One of the best tools created for this is standing desks. A new way of something familiar, we will look at the details below about the benefits of desks to think about buying 7 Advantages of Standing DeskIf you are not familiar with the trend of desks permanently, you know that you are not alone. Desks are constantly only recently in popularity, and not everyone there is too keen on them. But let me show you some of the reasons to like them and consider getting one.1. You will lose frequent talking, weight loss requires burning more calories than you are as a c. You gain weight by taking more calories than what you burn. In the case of sitting at the desk, you don't really burn calories, even though your muscles are inflamed and stiff after a while. On the other hand, even things like standing actually burn calories. Research shows that standing has burned over 170 extra calories. In other words, you can burn almost an extra 1,000 calories just by standing at your desk every afternoon while you work. The study also shows that longer stays are so strongly associated with metabolic diseases and obesity.2 Lowering blood sugar levelsAlong the same lines sitting for long periods of time can make your blood sugar levels increase after eating. This is especially true among those with insulin resistance or type 2 diabetes. Even just standing at the desk after lunch can do very well, as some office employees for whom it is awarded. Researchers say standing 180 minutes after lunch reduces the risk of a blood spike 43% compared to those who sat down. This is one of those who's got it. have been asked. many advantages of standing desks.3. Low risk of cardiovascular DiseaseIf you have lower blood sugar and are burning more calories, you will naturally avoid fewer heart problems in the future. It is widely accepted at this point that the more you are seated, the more at risk of getting heart problems you will have.4 Reducing back pain I would not suggest standing desks if I did not believe in their benefits, such as helping to relieve back pain. But there is research to support the claim that standing on the desk reduces back pain. One study found that participants reported 32% relief in lower back pain after several weeks of using standing desks. The CDC also found that using a sitting desk reduced upper back and neck pain by 54% after 4 weeks of use, too. 5. Increasing performanceOne of the common misconceptions about standing desks is that they hamper everyday tasks such as writing. While we won't agree that while we're working it will take some time, most people haven't seen a significant impact on typical work tasks. One study found that using a desk for four hours each day had no effect on characters written per minute or writing errors. In fact, it may be more productive than before due to standing improving mood and energy levels.6 Increasing mood and energy levels In more detail with this, research shows that improving mood and energy levels is due to a decrease in stress and fatigue. One study found that those who used a standing desk reported fewer of these two things. Even more impressive is that when people return to sit at their desk, the general mood and energy level return to their original levels.7 We live longerAttention that there is less risk of many health problems, just by standing longer, it makes sense that you will live longer than this whole. There is a huge amount of research that shows how sitting is dangerous to our overall health. So, standing more logically, as evidenced by the different advantages of standing desks, which I presented here.10 The best standing desksHow more studies appear on the benefits of standing desks, the more they become attractive and the more people want to buy them. Naturally, many companies have reached this demand and provide a wide variety of opportunities. Below I chose some of the best desks permanently that give you all the benefits above and offer some other unique aspects.1 The top desk with standing desksIt is one of the best-selling around and for good reason - the desk standing by FEZIBO allows you to take advantage of the advantages of standing desks and offers a few other things to go with it. One of the key aspects of this is the large workspace. It covers 55 x 24 space that offers ample space while in fact, you can easily fit you want! Buy your desk here.2 Best adjustable compact deskFor those looking for a compact desk for standing trays, this from Seville is a good choice. Unlike standard desks permanently, this is more of a permanent desk. This is designed to be on top of a workstation, not on its own. Even with this small case, it offers enough space — about 30 inches wide and 20 inches deep — and has a keyboard tray. The other good thing about this desk is that you can effortlessly – and without any noise – convert this into a sitting and sitting desk. Buy Seville Classics here.3. Alternatively adjustable compact countertopOther compact desk alternative that is similar to Seville Classics is that of ABOX. They have an electric powered lifting desk that can be adjusted to different heights. Like Seville, you can use this for sitting and standing up. What's unique about this, however, is the slightly larger space, which provides plus automatic one-button lift. In addition, the design is more thesis and can last up to 44 pounds. Buy here standing on a desk converter ABOX 4. The best desk for permanent ranking of high elevationsFor those who want an even more unique design, one of the options is Victor High Rise Collection. Like the previous two, this really needs the support of an existing workstation. However, the big key difference is the place of everything. Since this desk standing uses a support pole, this is ideal for monitors if you plan to use it for straightening. It also offers seating options thanks to additional panels that can be attached to the support pillar. Some other notable features are easy touch technology that allows it to be quickly converted. It also has a safety sensor that protects you and your desk, while the sensor detects objects as it descends into a sitting position. Moreover, since this is a pillar of support, you can freely adjust the height at any time. Try it here. The best L-Shaped Electric Standing DeskFEZIBO offers a host of quality standing desks, and another we wanted to mention was their L-shaped electric standing desk. It is able to be maintained independently, so there is no need for additional support of workstations, and is also in unique shape, unlike other desks on this list. It is completely electric as well, to be able to easily adjust between standing heights and sitting heights if necessary. The design also makes it ideal for angular spots or if you want to merge multiple L-shaped desks into a co-op space. Try this desk here.6 Ideal office study deskOne of the advantages of modern desks is their adjustable height. With dual motors working together, this work desk offers smooth and easy adjustment when it comes to height. It is also one of the strongest desks made of heavy steel. It can hold over 260 pounds and offers the same altitude as many of the stands that are on this list. a nice function is 4 preset buttons. This allows you to customize the height of the desk by engaging it in memory. Simply press the M button to adjust the position and adjust it. Take Ergosoft's desk here.7. Ideal surface surface desks often use wood or metal, but you can find a rare standing desk that uses bamboo. In the case of uplift desks, some of the above surfaces are bamboo. Why is it so important? Good for one, bamboo is more liquid than most other materials, while being environmentally friendly and still has an attractive appearance. He can lift 355 pounds with his 3-degree legs and offers space for a double monitor. It even comes with a 10-year all-inclusive guarantee. It is coverage unlike what other companies typically offer. Get Walkley's bamboo desk here.8 Alternatively, an L-shaped deskIf you're looking for another miss-shaped desk, an alternative is that of Mr. Ironstone. The distinctive advantage of this desk is the ease of installation and cleaning – easier cleaning is thanks to the material on the surface, which is anti-schlitz and anti-scratch. Buy your 9th. Best permanent office FrameC most desks can be broken down easily, another option is simply to change the base of the desk. In the case of FEZIBO frames, this provides the same high quality, but at a lower cost, due to receiving only the frame. This special frame is made of metal, has 4 lockable wheels and a tray for cable control and touch control, and has a length of 43.31 to 59.05, making it compatible with most worktops you strive to attach it to. Buy the frame here.10. Laptop work deskSIDUCAL makes desks that are suitable for laptops. While it will be difficult to get a monitor, the desktop desk can offer other unique benefits. For the first time, it is a high mobile desk, allowing you to move it into office space with ease. Secondly, as it is designed for laptops, it is light and has a panel that can be adjusted for placing laptops. Finally, it still offers decent space for other items – not another desktop computer, but office supplies, a bottle of water and other items will be fine. Buy a laptop desk here. Bottom LineThere are many advantages of standing desks, and their modern ergonomic designs offer much more than the existing advantages of standing position. As you can see, even these desks offer additional benefits that any typical desk has to offer – and then some. Buy one of the suggested desks permanently today and enjoy the benefits of having one. Featured photo: LinkedIn sales navigator via unsplash.com unsplash.com

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