

## Smoothies for Weight Loss



Smoothies can help people lose weight with its delicious flavor and nutrients. In addition, there are a lot of smoothies which can help in weight loss and all of them can be created with ease. Smoothies are very healthy and they can even satisfy people who have cravings for sugar and sweet foods. Therefore, the shortest way those people should go to achieve desirable physique without having to quit their favorite is making use of these healthy low-fat smoothie recipes for weight loss.

If you're on a quest to slim down or maintain a healthy weight, then the typical contents of your smoothies should be 2-3 cups of vegetables or packed leafy greens and 2 pieces of fruit.

The quantity of vegetables should always be larger than the fruits. Making a smoothie that's dominantly fruit means it would contain too much fruit sugar (fructose) which isn't diet-friendly.

These healthy smoothie recipes for weight loss can help melt the fat, flush out toxins, and boost your metabolism.

## Smoothie N1



### Ingredients

- ½ cup kiwi
- 2 dried apricots, chopped
- 1 cup muskmelon
- ¼ cup chilled water
- 2 tablespoons lime juice
- A pinch of Himalayan pink salt

### Description

1. Toss the kiwi, apricots, and muskmelon into a blender and give it a spin.
2. Add the chilled water and stir gently. Mix well.
3. Pour the smoothie into two glasses and add the lime juice and a pinch of Himalayan pink salt.
4. Stir well before drinking.

## Smoothie N2



### Ingredients

- ½ cup raspberries
- 2 tablespoons chia seeds
- 2 cups coconut water
- A handful of mint leaves

### Description

1. Blend the raspberries and the mint leaves.
2. Add the coconut water and stir gently.
3. Pour it out into two glasses.
4. Add the chia seeds and stir well.

### Smoothie N3



#### Ingredients

- 1 cup shredded bottle gourd
- 1 cup chopped cucumber
- ¼ cup chilled water
- 2 tablespoons lemon juice
- A pinch of Himalayan pink salt

#### Description

1. Toss the shredded bottle gourd and chopped cucumber into a blender and give it a spin.
2. Add the chilled water and lemon juice and stir well.
3. Pour the smoothie into two glasses.
4. Add a pinch of Himalayan pink salt and stir well before drinking.



## Smoothie N4



### Ingredients

- ½ cup chopped beetroot
- 1 cup black grapes
- 2 tablespoons lime juice
- A handful of mint leaves
- A pinch of Himalayan pink salt

### Description

1. Toss the chopped beetroot, black grapes, and mint leaves into a blender and blend well.
2. Pour the smoothie into two glasses.
3. Add lemon juice and a pinch of Himalayan pink salt and stir well.

## Smoothie N5



### Ingredients

- 1 cup baby spinach
- ½ cup chopped strawberries
- ½ teaspoon Ceylon cinnamon powder

### Description

1. Blend the spinach and strawberries.
2. Pour the smoothie into two glasses.
3. Add the Ceylon cinnamon powder and stir well.

## Smoothie N6



### Ingredients

- 1 cup sliced banana
- 8 almonds (soaked overnight)
- 4 tablespoons grated dark chocolate (80% cocoa)
- ½ cup chilled low-fat milk

### Description

1. Toss the sliced bananas, almonds, grated dark chocolate, and chilled milk into a blender and give it a spin.
2. Pour the smoothie into two glasses and relish.

## Smoothie N7



### Ingredients

- 2 cups papaya
- 3 tablespoons lemon juice
- ½ teaspoon cayenne pepper

### Description

1. Blend the papaya and
2. Pour it out into two glasses.
3. Add lemon juice and cayenne pepper.
4. Stir well before drinking.



## Smoothie N8



### Ingredients

- ½ cup pomegranate
- 1 cup tangerine
- 1 inch crushed ginger root
- A pinch of Himalayan pink salt

### Description

1. Toss the pomegranate, tangerine, and ginger root into a blender and give it a spin.
2. Pour the smoothie into two glasses and add a pinch of Himalayan pink salt.
3. Stir well

## Smoothie N9



### Ingredients

- ½ cup ripe mango
- 1 cup low-fat yogurt
- ¼ cup chilled low-fat milk
- A pinch of grated nutmeg

### Description

1. Blend the mango, yogurt, and milk.
2. Pour the smoothie into two glasses.
3. Add a pinch of nutmeg powder and stir well.

## Smoothie N10



### Ingredients

- 4 medium sapodillas
- 3 tablespoons chia seeds
- $\frac{2}{3}$  cup almond milk
- 1 tablespoon almond flakes

### Description

1. Wash the sapodillas. Peel, seed, and roughly chop them.
2. Toss the chopped sapodillas into the blender and add almond milk.
3. Blend into a smooth paste and pour it into two glasses.
4. Add the chia seeds and stir well. Top it with almond flakes before drinking.

## Smoothie N11



### Ingredients

- 2 medium apples
- 1 dried fig
- ¼ lemon
- A pinch of Himalayan pink salt

### Description

1. Wash the apples, take the pith out, and roughly chop them.
2. Chop the dried fig.
3. Toss both the chopped apples and figs into a blender.
4. Add lemon juice and give it a spin.
5. Pour the smoothie out into two glasses.
6. Add a pinch of Himalayan pink salt and stir well.



## Smoothie N12



### Ingredients

- 2 large oranges
- 2 tablespoons lemon juice
- 1 tablespoon ground flax seeds
- A pinch of Himalayan pink salt

### Description

1. Peel the oranges, take out the seeds, and roughly chop them.
2. Toss the chopped oranges into a blender and add lemon juice and ground the flax seeds.
3. Blend it well and pour out the smoothie into a glass.
4. Add a pinch of Himalayan pink salt and stir well before drinking.

## Smoothie N13



### Ingredients

- 1 cup chopped celery
- 1 cup chopped pear
- 1 teaspoon ACV
- A pinch of Himalayan pink salt

### Description

1. Toss the chopped celery and pear into a blender and give it a spin.
2. Add a teaspoon of ACV and a pinch of Himalayan pink salt.
3. Stir well before drinking.

## Smoothie N14



### Ingredients

- ½ cup chopped carrot
- 1 cup seeded watermelon
- ½ teaspoon cumin powder
- A pinch of Himalayan pink salt

### Description

1. Blend the carrot and watermelon using a blender.
2. Pour the smoothie into a glass.
3. Add cumin powder and a pinch of Himalayan pink salt.
4. Stir well before drinking.

## Smoothie N15



### Ingredients

- 2 medium tomatoes
- ½ cup green grapes
- 2 tablespoons lime juice
- A pinch of Himalayan pink salt

### Description

1. Wash and chop the tomatoes and toss them into a blender.
2. Add the grapes to the blender and give it a spin.
3. Pour the smoothie into two glasses.
4. Add a tablespoon of lime juice to each glass.
5. Add a pinch of Himalayan pink salt and stir well.



## Smoothie N16



### Ingredients

- 1 cup chopped grapefruit
- 1 cup ripe pineapple
- ½ teaspoon freshly ground black pepper
- A pinch of Himalayan pink salt

### Description

1. Toss the grapefruit and pineapple into a blender and give it a spin.
2. Pour the smoothie out into two glasses.
3. Add black pepper and a pinch of Himalayan pink salt and stir well.

## Smoothie N17



### Ingredients

- ½ cup blueberries
- ¼ cup oats
- 2 tablespoons chia seeds
- 2 cups low-fat milk

### Description

1. Blend the blueberries, oats, chia seeds, and the milk
2. Pour the smoothie out into two glasses and enjoy!

## Smoothie N18



### Ingredients

- 2 cups cucumber
- ½ cup plum
- 1 teaspoon cumin powder
- 1 tablespoon lime juice
- A pinch of Himalayan pink salt

### Description

1. Toss the cucumber and plum into a blender and give it a spin.
2. Pour the smoothie out into two glasses and add cumin powder, lime juice, and a pinch of Himalayan pink salt.
3. Stir well before drinking.

## Smoothie N19



### Ingredients

- 2 peaches, chopped
- ½ cup passion fruit
- 1 tablespoon ground flax seeds
- A pinch of Himalayan pink salt

### Description

1. Blend the chopped peach and passion fruit.
2. Pour the smoothie into a glass and add the ground flax seeds and a pinch of Himalayan pink salt.
3. Stir well before drinking.



## Smoothie N20



### Ingredients

- 2 cups chopped green apple
- 1 cup chopped iceberg lettuce
- ½ cup chilled water
- 2 tablespoons organic honey
- A pinch of Himalayan pink salt

### Description

1. Toss the apple and lettuce into a blender and give it a spin.
2. Add chilled water and stir well before pouring it into two glasses.
3. Add honey and a pinch of Himalayan pink salt.
4. Stir well before drinking.

## Smoothie N21



### Ingredients

- ½ cup strawberries
- 1 cup black grape
- 1 inch crushed ginger root
- 1 teaspoon cumin powder
- A pinch of black salt

### Description

1. Blend the strawberries, black grape, and ginger.
2. Pour the smoothie into two glasses and add cumin powder and Himalayan pink salt.
3. Stir well and drink.

## **Almond Milk Smoothies**

### **Smoothie N22**



#### **Ingredients**

- Handful spinach
- Handful kale
- 2 spoons of chia seeds soaked in water overnight
- 1 scoop vanilla protein powder
- 1/2 cup strawberries
- 2 ounces unsweetened almond milk

#### **Description**

1. All of the ingredients in this smoothie can be tossed into a blender and you'll be good to go to make your smoothie.

## Smoothie N23



### Ingredients

- Handful spinach
- Handful kale
- 1 green apple
- 10g spirulina powder
- 10g wheatgrass powder
- ¼ teaspoon grated ginger
- 4 ounces unsweetened almond milk

### Description

1. Place all of the ingredients and blend until they are smooth.



## Smoothie N24



### Ingredients

- 10g wheatgrass powder
- Several spinach leaves
- Banana
- 2 ounces blueberry
- 3 ounces unsweetened almond milk

### Description

1. Place everything in the blender and blend until it is smooth.

## Smoothie N25



### Ingredients

- 1 ounce goji berries
- 3 Medjool dates
- 1 ounce beetroot
- 1.5 ounce strawberries
- 1 ounce raspberries
- 3 ounces unsweetened almond milk

### Description

1. Once you remove the stones from the dates, you can simply place them into a blender with the rest of the ingredients and blend until it is smooth.

## Smoothie N26



### Ingredients

- 1 ounce goji berries
- 3 Medjool dates
- 1 ounce beetroot
- 1.5 ounce strawberries
- 1 ounce raspberries
- 3 ounces unsweetened almond milk

### Description

1. Once you remove the stones from the dates, you can simply place them into a blender with the rest of the ingredients and blend until it is smooth.

## Smoothie N27



### Ingredients

- 2 ounces strawberries
- 1 banana
- 3 ounces unsweetened almond milk
- 3 tablespoons chia seeds

### Description

1. Place in the blender and blend until it is smooth.



## Smoothie N28



### Ingredients

- 1 banana
- 3 ounces unsweetened almond milk
- 2 ounces blueberries
- 2 ounces strawberries

### Description

1. Simply put all of these ingredients into your blender at once and then blend it until it is smooth.



## Smoothie N29



### Ingredients

- 2 ounces strawberries
- 2 ounces blueberries
- 1 banana
- Handful spinach
- 1.5 ounces rolled oats
- 3 ounces unsweetened almond milk

### Description

1. Place the fruit, spinach and almond milk into the blender and blend until it is creamy and smooth.
2. Pour the mixture into the cup and top it with the oats.

## Smoothie N30



### Ingredients

- 2 ounces raspberries
- 1 ounce goji berries
- 1 banana
- 2 ounces of fat-free greek yogurt
- 3 ounces unsweetened almond milk

### Description

1. Place all of the fruit into the blender and blend until it forms a paste.
2. Once in a paste form, add in the rest of the ingredients and blend until smooth.

## Smoothie N31



### Ingredients

- 1/2 mango
- 1/2 cup strawberries
- 1 cucumber
- 1/2 cup fat-free greek yogurt (Substitute one banana for a dairy free smoothie)
- 3 ounces unsweetened almond milk

### Description

1. Add all of the ingredients into a blender and blend until smooth.
2. If you want to find a dairy free option, then use a banana instead of yogurt.

## Smoothie N32



### Ingredients

- ½ medium banana
- ¼ cup frozen blueberries
- ¼ cup frozen strawberries
- ¼ cup fresh mango
- 2 cups unsweetened almond milk

### Description

1. Add in the ingredients to the blender and blend until all of the ingredients are combined and smooth



## Smoothie N33



### Ingredients

- 2 ounces mango
- 2 ounces strawberry
- ¼ teaspoon ginger
- Squeeze of lime
- 3 ounces unsweetened almond milk
- Handful of ice

### Description

1. Put all ingredients in the blender and blend until smooth.
2. For a two-color version like the photo above, blend the mango, ginger and lime with 1 ounce of almond milk, pour into a glass halfway, then blend the rest of the ingredients until smooth.



## Smoothie N34



### Ingredients

- 2 ounces fresh mango
- 3 ounces almond milk
- Handful ice cubes
- Sprig of mint

### Description

1. Place all of the ingredients into a blender and blend until desired consistency.

## Smoothie N35



### Ingredients

- 1 cup mango cubes
- 1 cup pineapple cubes
- ¼ teaspoon grated ginger
- Handful of ice cubes
- 2 ounces unsweetened almond milk

### Description

1. Place all of the ingredients into a blender and blend it until it is smooth.

## Smoothie N36



### Ingredients

- 1 cup unsweetened almond milk
- ½ cup spinach
- ⅛ cup pecans
- ½ cup raisins
- ½ cup oats
- ½ teaspoon vanilla
- ¼ teaspoon cinnamon
- 1 cup raw rhubarb (can be frozen or cooked if needed)
- ½ cup strawberries
- ½ banana

### Description

1. Blend the almond milk and the greens first and then you can add in the rest of the ingredients.
2. Add more water if you find that it needs to be thinner.

## Smoothie N37



### Ingredients

- Handful kale
- Handful spinach
- ½ avocado
- 2 ounces blueberries
- 3 ounces almond milk

### Description

1. Place all of the ingredients into a blender and blend until it is smooth.



## Smoothie N38



### Ingredients

- 1 medium beetroot
- ½ cup blueberries
- 1 banana
- 3 ounces unsweetened almond milk

### Description

1. Insert all ingredients to a blender and blend until it is smooth and the consistency you want.



## Smoothie N39



### Ingredients

- 1 banana
- 3 ounces unsweetened almond milk
- 4 Medjool dates
- 2 scoops cacao powder

### Description

1. Blend the dates, cacao powder and banana in the blender until they form a paste, then add in the almond milk and blend until it is smooth.

## Smoothie N40



### Ingredients

- 2 tablespoons natural nut butter
- 1 frozen banana
- 3 ounces almond milk
- 2 ounces fat-free Greek yogurt

### Description

1. Make sure that your banana is frozen before you go ahead and try this recipe.
2. Once frozen, place your banana, the nut butter and all of the remaining ingredients into the blender and blend it until it is smooth.

## Smoothie N41



### Ingredients

- 1 banana
- 2 ounces of raspberries
- 2 tablespoons cacao powder
- 3 tablespoons chia seeds
- 4 Medjool dates
- 3 ounces unsweetened almond milk

### Description

1. Add all of the ingredients together and blend in the blender until it is smooth.

## Smoothie N42



### Ingredients

- 40g strawberries
- 40g blueberries
- 40g beetroot
- 40g raspberries
- 200ml almond milk

### Description

1. Simply place the fruit into a blender and add the almond milk and ice.
2. Add the ginger and a squeeze of fresh lime and blitz for a few minutes.



## Smoothie N43



### Ingredients

- 50g mango
- 50g strawberries
- 1/4 teaspoon grated ginger
- Squeeze of lime juice
- 200ml almond milk
- Handful ice cubes

### Description

1. Simply place the fruit into a blender and add the almond milk and ice.
2. Add the ginger and a squeeze of fresh lime and blitz for a few minutes.

## Smoothie N44



### Ingredients

- 60g fresh mango
- 200ml almond milk
- Handful ice cubes
- Sprig of mint

### Description

1. Place all of the ingredients into a blender and combine. Ensure all mint stalks are removed during preparation.

## Smoothie N45



### Ingredients

- 10g wheatgrass
- 10g spirulina
- Handful spinach leaves
- Handful kale
- 50g blueberries
- 1 banana
- 200ml almond milk

### Description

1. Simply add all of the ingredients into a blender and blitz until smooth. Ensure all kale stalks are removed during preparation.

## Smoothie N46



### Ingredients

- 50g strawberries
- 50g blueberries
- 1 banana
- Handful spinach
- 40g rolled oats
- 200ml almond milk

### Description

1. Place the fruit, spinach and almond milk into a blender and blitz.
2. Once creamy, serve and top with the oats.



## Smoothie N47



### Ingredients

- 40g beetroot
- 50g blueberries
- 1 banana
- 2 tablespoons raw honey
- 200ml almond milk

### Description

1. Simply combine all of the ingredients and blend until smooth.
2. Ensure the beetroot has been peeled, boiled and left to cool before use.

## **Oatmeal Smoothies**

### **Smoothie N48**



### **Ingredients**

- ½ cup oatmeal
- ½ teaspoon cinnamon
- One whole apple, peeled and cored
- One cup vanilla almond milk
- Two dates, pitted

### **Description**

1. Toss all ingredients into your blender and blend until smooth.
2. For best results, you will want to let this mixture chill for a few hours before you drink it. Blend everything together all at once and then let it sit until you get your desired consistency.

## Smoothie N49



### Ingredients

- One cup almond milk
- ½ cup oatmeal
- 1 ½ cup frozen strawberries
- One frozen banana
- One teaspoon agave nectar
- ½ teaspoon vanilla extract

### Description

1. Toss all ingredients into your blender jar and blend until smooth.

## Smoothie N50



### Ingredients

- ¼ cup oatmeal
- ¾ cup almond milk
- ½ cup frozen raspberries
- ½ cup frozen strawberries
- ¼ cup cottage cheese
- ¼ cup Greek yogurt
- One teaspoon honey
- One teaspoon sugar

### Description

1. Toss everything into the blender and mix until you get your desired consistency.
2. If it's not quite cheesecakey enough for you, then add more yogurt and cottage cheese.
3. To top it off, drizzle some honey or put some sliced strawberries or raspberries over it.



## Smoothie N51



### Ingredients

- ¼ cup oatmeal
- ½ cup chopped cashews
- Two cups almond milk
- Two tablespoons peanut butter (or almond butter)
- One frozen banana
- ½ teaspoon cinnamon
- Two tablespoons honey
- One tablespoon flaxseed

### Description

1. Blend everything together until you get your desired consistency.

## Smoothie N52



### Ingredients

- ¼ cup oatmeal
- Half a frozen banana
- Three small dates
- One cup almond milk
- One tablespoon almond butter
- Pinch of salt

### Description

1. Blend everything together and then let it sit for a couple of hours in the fridge.
2. If it's too thick, then eat it with a spoon. It works as a dessert or a smoothie, so either way is fine.

## Smoothie N53



### Ingredients

- ½ cup of frozen cherries
- One frozen banana
- Half a cup of orange juice
- Half a cup of unsweetened almond milk
- Half a cup of chopped spinach
- ¼ cup oatmeal
- ¼ cup greek yogurt
- A handful of walnuts

### Description

1. Put everything together in your blender and blend until you get a smooth consistency.
2. For best results, top with a sprinkle of oats and walnut pieces. You can also add chia seeds for some extra nutrition.

## Smoothie N54



### Ingredients

- ½ cup of rolled oats
- One tablespoon of almond butter
- Two tablespoons of cocoa powder
- One cup of vanilla almond milk
- One tablespoon of maple syrup
- ½ teaspoon of vanilla extract

### Description

1. Once you've chilled your mixture, then toss it into the blender until you get your desired consistency.
2. For best results, sprinkle some chocolate chips or tiny marshmallows on top to make it extra special.



## Smoothie N55



### Ingredients

- ¼ cup oatmeal
- One cup skim milk
- ¼ cup greek yogurt
- ¾ cup applesauce
- Two tablespoons peanut butter (or almond butter)
- ½ teaspoon cinnamon
- One teaspoon honey

### Description

1. Mix all of your non-liquid ingredients first and blend them until even.
2. Then add milk and honey until you get your desired consistency.

## Smoothie N56



### Ingredients

- $\frac{1}{4}$  cup oatmeal
- One cup coconut milk
- $\frac{1}{4}$  cup Greek yogurt
- One cup frozen pineapple chunks
- One teaspoon honey
- $\frac{1}{3}$  teaspoon vanilla extract

### Description

1. Put all ingredients into a blender and mix until you get your desired consistency.
2. For an added bit of zest, drizzle some honey over the smoothie when finished.

## Smoothie N57



### Ingredients

- ½ cup of oatmeal
- Two frozen bananas
- One cup almond milk
- ½ cup Greek yogurt
- ⅛ teaspoon ground cinnamon
- Pinch of nutmeg
- Pinch of salt
- 1 spoon natural unsweetened peanut butter
- One teaspoon maple syrup
- Handful of walnuts (optional)

### Description

1. Toss all ingredients into your blender jar and blend until smooth. As I mentioned walnuts go great on top, or you can drizzle some extra honey or syrup for flavor.



## **Protein Smoothies**

### **Smoothie N58**



#### **Ingredients**

- 1 cup yogurt
- ½ cup kiwi
- 1 teaspoon ground flaxseeds
- 1 teaspoon honey

#### **Description**

1. Blend yogurt, kiwi, ground flaxseeds, and honey together to make a thick protein shake.



## Smoothie N59



### Ingredients

- 2 tablespoons oats
- 4 blueberries
- 5 strawberries
- 4 blackberries
- 1 cup warm milk
- 2 teaspoon maple syrup

### Description

1. Blitz all the ingredients to make a delicious protein smoothie.

## Smoothie N60



### Ingredients

- 1 raw egg white
- 1 cup milk
- 2 teaspoons honey

### Description

1. Mix egg white, milk, and honey.
2. Drink it before or after working out.

## Smoothie N61



### Ingredients

- 1 banana
- 2 tablespoons peanut butter
- 3 tablespoons of melted dark chocolate

### Description

1. Blend all the ingredients.
2. Add a little milk if the blend is too thick.
3. Pour it into a glass and enjoy the chocolate-loaded feast.

## Smoothie N62



### Ingredients

- 1 cup strawberries
- 1 cup almond milk
- 2 teaspoons chia seeds

### Description

1. Blend the strawberries with almond milk and chia seeds.
2. Drink it with breakfast or post workout.



## Smoothie N63



### Ingredients

- 2 small bananas
- 3 tablespoons sprouted finger millet (ragi) powder
- 1 tablespoon chia seeds
- 6 almonds
- 1 cup milk
- 1 tablespoon powdered jaggery
- ¼ cup warm water

### Description

1. Add almonds and chia seeds to the blender and pound to a smooth powder.

2. Add the rest of the ingredients and blend on high speed until you get a smooth, thick shake.
3. Drink immediately.

### **Smoothie N64**



### **Ingredients**

- 1 ½ tablespoons pea protein
- 1 cup almond milk
- ½ cup strawberries
- A pinch of nutmeg powder
- 1 teaspoon powdered jaggery

### **Description**

1. Toss all the ingredients into the blender and blend well.
2. Pour it into a glass, add 2 ice cubes, and drink up.

## Smoothie N65



### Ingredients

- 3 tablespoons oatmeal
- 2 cups milk
- 1 peeled and chopped apple
- 3 tablespoons almond butter
- Cocoa powder

### Description

1. Blend all the ingredients at high speed until you get a thick, smooth shake.
2. Sprinkle some cocoa powder and enjoy.

## Smoothie N66



### Ingredients

- 10 almonds
- 1 cup milk or almond milk
- 2 tablespoons grated fresh coconut
- 1 teaspoon cocoa powder
- 1 teaspoon vanilla extract
- ¼ cup cashew milk
- 2 pitted dates

### Description

1. Blend the almonds, coconut, milk, and dates.
2. Pour it into a glass.
3. Stir in cashew milk, cocoa powder, and vanilla extract.



## Smoothie N67



### Ingredients

- 4 tablespoons sattu powder
- Juice of half a lime
- 2 tablespoons chopped cilantro
- ½ teaspoon roasted cumin powder
- Salt to taste
- 1 cup water

### Description

1. Mix sattu, salt, roasted cumin powder, and chopped cilantro.
2. Stir and add the entire cup of water gradually. Make sure there are no lumps.
3. Pour into a glass, add lime juice, and give one final stir before drinking it.

## Smoothie N68



### Ingredients

- 1 banana
- 1 cup full-fat milk
- 2-3 tablespoons cashew nuts
- 2 teaspoons cocoa powder
- 2 tablespoons grated dark chocolate

### Description

1. Toss all the ingredients into a blender.
2. Blend into a thick and smooth paste.
3. Pour it into a glass and sip.

## Smoothie N69



### Ingredients

- 1 tablespoon hemp powder
- 1 tablespoon ground sunflower seeds
- 1 cup baby spinach
- A pinch of salt

### Description

1. Toss the baby spinach into a blender and blend into a smooth paste.
2. Pour it into a glass and add salt, hemp powder, and ground sunflower seeds.
3. Stir well before drinking.

## Smoothie N70



### Ingredients

- 1 cup blueberries
- 1 banana
- 2 tablespoons almond butter
- 1 cup Greek yogurt

### Description

1. Puree all the ingredients on high speed in a blender.
2. Pour into a glass and enjoy!



## Smoothie N71



### Ingredients

- 20 almonds
- ½ cup unsweetened dried coconut
- 2 ½ cups water
- 1 teaspoon cinnamon powder
- 1 tablespoon honey
- 2 tablespoons ground flaxseeds
- 2 cups milk

### Description

1. Soak the almonds and the dried coconut overnight in water.
2. Discard the water in the morning.

3. Blend the almonds and coconut until you get a coarse powder.
4. Add milk and blend to get a thick, smooth shake.
5. Add cinnamon powder, ground flaxseed, and honey. Mix well.
6. Serve in a tall glass garnished with a dash of cinnamon powder.

## Smoothie N72



## Ingredients

- 2 medium-sized bananas
- 2 tablespoons peanut butter
- 2 cups Greek yogurt
- 100 mL full-fat milk
- 1 tablespoon chia seeds
- Cocoa powder

## Description

1. Add bananas, yogurt, milk, and peanut butter to a blender.
2. Blend to a smooth, thick smoothie.
3. Add chia seeds and sprinkle cocoa powder on top. Enjoy!

## Smoothie N73



## Ingredients

- ½ cup raspberries
- 1 medium banana
- 2 tablespoons almond butter
- 1 cup almond milk
- ¼ cup water

## Description

1. Add all the ingredients except water to a high-speed blender and puree to a smooth shake.

2. Add water to adjust the thickness and pulse for a couple of seconds.
3. Chill and enjoy.

### **Smoothie N74**



### **Ingredients**

- 2 cups soy milk
- ½ cup chopped strawberries
- 1 tablespoon ground almond
- 1 tablespoon ground melon seeds
- 1 teaspoon cocoa powder

### **Description**

1. Toss all the ingredients into the blender and blend into a thick smoothie.



2. Pour it into a glass. Add two ice cubes if you want and drink up!

### **Smoothie N75**



### **Ingredients**

- 1 cup chopped Alphonso mango
- 1 cup almond milk
- 1 tablespoon chia seeds
- ½ cup chilled Greek yogurt

### **Description**

1. Toss the chopped Alphonso mango, milk, and chilled yogurt into a blender.
2. Whiz it and pour into a tall glass.
3. Add chia seeds and stir well before drinking.

## **Detox Smoothies**

### **Smoothie N76**



#### **Ingredients**

- 2 kiwis
- ½ cup spinach
- 1 tablespoon lime juice
- Pinch of salt

#### **Description**

1. Peel and roughly chop the kiwis.
2. Toss the kiwi and spinach into a blender.
3. Blend well and pour into a glass.
4. Add lime juice and a pinch of salt. Stir well.

## Smoothie N77



### Ingredients

- 1 cup green apple
- ¼ cup avocado
- 1 tablespoon lime juice
- Pinch of cayenne pepper
- Pinch of salt

### Description

1. Blend the green apple and avocado
2. Pour into a glass and add lime juice, cayenne pepper, and salt.
3. Stir well.

## Smoothie N78



### Ingredients

- 150 gr spinach
- 150 ml greek yoghurt
- 150 ml coconut water
- 100 gr pineapple chunks
- 100 gr mango chunks
- juice of 1 lime
- 1 spoon of maca powder

### Description

1. When filling your blender it is easiest if you add the liquid with the maca first and then put the spinach on top. Turn the machine on and the spinach will be 'eaten' by the machine.
2. As soon as the spinach is blended add the pineapple chunks, the lime juice and the mango and blend until smooth. Enjoy straight away.



## Smoothie N79



### Ingredients

- 4 baby kale leaves
- 1/2 cup green grapes
- 1/2 grapefruit
- 1/2 cup watermelon
- A handful of mint leaves
- 1/2 teaspoon pepper
- A pinch of salt

### Description

1. Wash all the fruits before you cut or juice them.
2. Blend the baby kale leaves, watermelon, grapes, and a few mint leaves.
3. Add the juice of half a grapefruit, a pinch of salt, pepper, and stir well.

## Smoothie N80



### Ingredients

- 1 cup spinach leaves
- 1/2 cucumber
- 1/2 lemon
- A handful of mint leaves
- 1/2 teaspoon roasted cumin powder
- Salt

### Description

1. Remove the stems, roughly chop the spinach leaves and cucumber and toss them in a blender.
2. Toss in a handful of mint leaves and add a pinch of salt. Give it a spin.
3. To make the roasted cumin powder, take two tablespoons of cumin seeds and fry them without oil in a frying pan. Grind the roasted cumin seeds and store in an airtight glass jar.
4. Transfer the spinach smoothie to a glass, add the juice of half a lemon and half a teaspoon of roasted cumin powder. Stir well.

## Smoothie N81



### Ingredients

- 1/2 cup baby carrots
- 1 tomato
- 1 celery
- 1/2 lemon juice
- A handful of coriander leaves
- 1 teaspoon roasted cumin seed powder
- Freshly ground pepper
- Salt

### Description

1. Wash all the veggies.
2. Chop the baby carrots, tomato, celery, and coriander leaves and toss them into a blender and give it a spin.
3. Fry two tablespoons of cumin seeds without oil in a frying pan. Grind the roasted cumin seeds and store in an airtight glass jar.



4. Transfer the smoothie to a glass and add the juice of half a lemon, a little freshly ground pepper, and a pinch of salt. Stir well.

### **Smoothie N82**



### **Ingredients**

- 1 glass tender coconut water
- 1/2 cup tender coconut
- 1 cup strawberries
- 1 medium sized gooseberry
- 2 blueberries
- Mint leaves

### **Description**

1. Toss the tender coconut, strawberries, blueberries, and mint leaves into a blender.
2. Carefully take out the seed from the gooseberry, cut into four pieces and throw into the blender and give it a spin.
3. Add the coconut water into the blender and spin it for three seconds.



4. Pour it into a glass and enjoy!

### Smoothie N83



### Ingredients

- 1 banana
- 1 passion fruit
- 1 cup milk
- 1 teaspoon flaxseed powder
- 1 teaspoon flaked almond
- A pinch of salt

### Description

1. Peel and cut the banana and toss into the blender.
2. Cut the passion fruit and scoop out the fruit into the blender.
3. Add the milk, flaxseed powder, flaked almond, and a pinch of salt and give it a spin.

## Smoothie N84



### Ingredients

- 1 cup spinach
- 2 cloves of garlic
- 1/4 cup boiled sweet corn
- 1/2 lime
- A pinch of salt

### Description

1. Wash the spinach leaves thoroughly, chop them roughly, and toss into the blender.
2. Peel the garlic cloves and toss them into the blender.
3. Toss in the boiled sweet corn and add the juice of half a lime.
4. Add a pinch of salt and give it a spin.

## Smoothie N85



### Ingredients

- 1 grapefruit
- 1 cup baby carrots
- 3 broccoli florets
- 1 celery
- 1 green tea bag
- 1 tablespoon honey
- 1 teaspoon roasted cumin powder
- Mint leaves for garnishing
- A pinch of salt

### Description

1. Chop the baby carrots, celery, and broccoli florets and throw them into a blender.
2. Boil water and dip the green tea bag for five minutes. Add the green tea extract to the blender.



3. Toss in the grapefruit, honey, roasted cumin powder and a pinch of salt and give it a spin.

4. Garnish with mint leaves.

### **Smoothie N86**



### **Ingredients**

- 1 cup spinach
- Pinch of salt
- Pinch of cayenne pepper

### **Description**

1. Chop the apple and spinach and toss into a blender.
2. Add the lemon juice and give it a spin.
3. Stir in a pinch of salt and cayenne pepper before drinking.



## Smoothie N87



### Ingredients

- 2 stalks of celery
- ½ grapefruit
- ½ cup chopped kale
- ½ beetroot
- ½ teaspoon black salt

### Description

1. Chop the celery stalks and beetroot. Toss into the blender.
2. Add the grapefruit juice and kale to the blender and give it a spin.
3. Pour it into a glass, add black salt, and stir well.

## Smoothie N88



### Ingredients

- ½ orange
- 1 carrot
- ½ cup chopped leek
- ¼ inch ginger root
- 1 teaspoon apple cider vinegar
- Pinch of salt

### Description

1. Roughly chop the carrot and ginger. Toss into the blender.
2. Add chopped leek, orange, and lemon juice. Give it a spin.
3. Pour into a glass and add apple cider vinegar and salt.
4. Stir well.

## Smoothie N89



### Ingredients

- 2 teaspoon fenugreek seeds
- 1 plum
- 4-5 mint leaves

### Description

1. Soak the fenugreek seeds overnight in a cup of water.
2. In the morning, strain the water and throw away the seeds.
3. Chop the plum and toss into a blender.
4. Add the mint leaves and fenugreek seeds soaked water.
5. Give it a spin.



## Smoothie N90



### Ingredients

- ½ cup red grapes
- ¼ cup banana
- 4 soaked almonds
- ¼ cup raspberry
- Pinch of black salt

### Description

1. Toss the reg grapes, banana, raspberries, and almonds into a blender.
2. Give it a spin and pour it into a glass.
3. Add a pinch of black salt and stir well.



## Smoothie N91



### Ingredients

- ½ cup cucumber
- 1 orange
- 1 green tea bag
- 2 mint leaves

### Description

1. Dip the green tea bag into half a cup of hot water. Let it cool down to room temperature.
2. Toss the cucumber, orange, and green tea extract into a blender and give it a spin.
3. Pour into a glass.
4. Garnish with mint leaves.

## Smoothie N92



### Ingredients

- 1 cup apple
- 2 dates
- 4 soaked almonds
- ½ cup fat-free milk
- 1 teaspoon cocoa powder

### Description

1. Roughly chop the apple and dates.
2. Toss the apple, dates, milk, and almonds into a blender and give it a spin.
3. Pour into a glass and dust the cocoa powder on top.

## Smoothie N93



### Ingredients

- 1 cup spinach
- 2 tablespoon low-fat yogurt
- ¼ cup mung bean sprouts
- 5 mint leaves
- Pinch of black salt

### Description

1. Toss the spinach, mung bean sprouts, mint leaves, and low-fat yogurt into the blender and give it a spin.
2. Pour into a glass and add a pinch of black salt.
3. Stir well.



## Smoothie N94



### Ingredients

- 1 cup buttermilk
- 1 teaspoon fennel seeds
- 1 teaspoon cumin seeds
- ¼ cup blueberries
- ¼ inch ginger root
- Pinch of black salt

### Description

1. Use a mortar and pestle to grind the cumin and fennel seeds.
2. Toss the blueberries and ginger into a blender and give it a spin.
3. Pour it into a glass.
4. Add buttermilk and ground cumin-fennel seeds. Stir well.



## Smoothie N95



### Ingredients

- ½ cup pomegranate
- ½ cup ripe guava
- 1 teaspoon ground flax seeds
- Pinch of salt

### Description

1. Blend the pomegranate and guava using a blender.
2. Pour it into a glass and add ground flax seed and salt.
3. Stir well.

## Smoothie N96



### Ingredients

- 1 passion fruit
- 1 cup cucumber
- Mint leaves
- Pinch of black salt

### Description

1. Scoop the passion fruit out and toss into a blender.
2. Add cucumber and mint leaves to the blender.
3. Give it a spin.
4. Pour into a glass and add a pinch of black salt. Stir well.

## Smoothie N97



### Ingredients

- 1 cup strawberry
- 2 teaspoon ground pumpkin seed
- Pinch of black salt

### Description

1. Grind the strawberry in a blender.
2. Pour into a glass.
3. Add ground pumpkin seed and a pinch of black salt.
4. Stir well.







