

Every Day
**WEIGHT
LOSS
SMOOTHIE**
Recipes



Delicious and Healthy Recipes
for Every Occasion

Every Day Weight Loss
Smoothies: Refreshing,
Healthy Weight Loss
Smoothies for Every Occasion

Culinary Canary

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General Information

Right now, 1 in every 3 adults living in America is overweight and the number of children with obesity has more than doubled since 2000, with both of these trends showing no signs of slowing down. Obesity is affecting everyone, and it's causing people to live restricted lives of no energy, strength, or movement in their bodies. Weight related diseases like Type 2 diabetes that used to only affect older people, are now being diagnosed in people as young as 16 years old.

There have been hundreds of diets and weight loss plans introduced over the last several decades that have hoped to stop this ever-growing problem with our health. Sadly, the vast majority of these plans have been either too expensive, too ineffective, or honestly just too hard to do in this busy, modern world. There are a few plans that offer inexpensive, effective, and easy ways to lose weight fast! Unfortunately these plans typically are even healthier than just being overweight is. Usually, these “revolutionary new weight loss plans” are designed to either starve the body of valuable nutrients and healthy fats, or fill the body with dangerous chemicals, additives, and toxins.

Welcome to the solution. These smoothie recipes are the answer for those of us who need a way to lose weight that is healthy and nutritious, but also want a way to get healthy and fit that is affordable and easy to do on with a busy schedule.

The only thing you really need in order to partake in all the benefits of weight loss smoothies is a blender. Pretty much any inexpensive blender will suffice to make these surprisingly simple recipes. Many of the ingredients that you will need are things that you already might have in your refrigerator, but rarely have the time to use in other recipes. And if you don't have many of these ingredients, don't worry. You can find all of it in your average grocery store. Although, if you want to experience the freshest, best-tasting, and in many cases, least expensive versions of these smoothies, then try to find all of your produce such as fruits and vegetables at your local farmer's market. These markets are in almost every city, although they might not be available year-round. However, if you can manage to find one, you'll be pleased to see the wonderful variety of fresh produce, most of which is surprisingly less expensive than the imported, insecticide-laden version sitting in the supermarket.

If there is one other little thing you might need in order to make this the best possible weight loss experience, it would be a sense of curiosity and adventure! Some of these smoothies, although simple, may feature a few ingredients you've never tasted. And some of them may have foods in them that you tried as a kid—or even yesterday—and absolutely hated. The thing to remember is that the taste of a good smoothie is the combination of all the ingredients. That ingredient you hate may not taste exactly the same when paired with the other foods and blended together. A little bit of a sense of curiosity and adventure will make this an experience of not only just

losing weight, but also of discovery for a whole new world of foods and flavors!

History of the Smoothie

I know you probably haven't thought much about the long and illustrious history of this deliciously healthy drink we call the smoothie, but it's actually very interesting. The first drink ever invented to don the name of "smoothie" was invented by a teenager in the sixties, which all of a sudden helps the name make even more sense. It was a teen who was severely lactose-intolerant who was tired of being left out when his friends were all enjoying milkshakes from local malt shops. So, he began to experiment with blending different fruits of different textures and flavors that would simulate the high-lactose milkshakes that his friends were drinking. Once he found the secret to making them smooth and yummy, he dubbed it a "Smoothie"!

Although we can credit the 1960s with creation of the name, smoothies have been a part of our history for thousands of years in different cultures around the world. South Africans and Asians have mashed up fruits and mixed them into beverage cocktails for generations. They were normally used in special ceremonies or for healing of certain illnesses. In South America, Brazilians mixed fruit drinks for the taste and enjoyment of them. However, they were never enjoyed on a truly regular basis until refrigeration and the electric blender came on the scene in America in the early 1920s. A man with a weak stomach by the name of Julius Freed saw the drinks made in Brazil, and since they were a way to get a diet of fruit and veggies that didn't hurt his stomach, he used his ice box

and blender back home to make smoothies a part of his everyday diet.

Benefits of Weight Loss Smoothies

Not every smoothie is a weight loss smoothie. The ones we have outlined combine ingredients that are not only tasty as a special treat, but are included for their ability to cleanse the body, provide vital nutrition, as well as aid the body in taking advantage of its natural ability to get lean and fit. These ingredients also provide a myriad of other benefits as well. Here are some of the other benefits that you can expect to enjoy in addition to losing weight and getting thinner.

Get Truly Fit

Losing weight doesn't necessarily mean the same thing as becoming healthy. We know this is true because of the choices of extremely unhealthy weight loss plans out there that promise a lower number on the scale in exchange for muscle loss, a weaker immune system, and a body full of fillers and artificial ingredients. One great thing about weight loss smoothies is their ability to help the body lose weight while at the same time promoting muscle growth, a stronger immune system, and an overall more fit lifestyle

Disease Fighting with Each Glass

Heart disease is the number one killer in the United States. Strokes come in very closely behind and are brought about from the same causes. Type 2 diabetes is quickly becoming the most commonly fought disease among both the young and old. Weight loss smoothies help keep your cholesterol and gluten levels low. This keeps the blood pressure down, which in turn keeps away heart disease and strokes. When making healthy smoothies like these a part of an otherwise sensibly healthy diet, you don't have to worry about becoming a part of those unfortunate statistics about how many people suffer from these illnesses.

Balanced Diet

Some of us had a really hard time eating our vegetables while we were kids. And, unfortunately, some of us haven't ever been quite able to shake that disdain for these nutrient-packed foods that keep our bodies balanced, regulated, and free of chemicals and toxins. For some of us, it's just too difficult to get into all these super foods such as spinach, kale, avocado, carrots, and other foods that we know are incredible foods for helping us get and stay healthy. Smoothies are the answer to this predicament that many of us face, because they provide a way to include these ingredients in our diet without having to necessarily taste the bitter flavor of them. In fact, many smoothies are so sweet and tasty that it's almost impossible to guess that they even have any veggies in them at all.

Caffeine Free Energy

With our busy lives, it's no wonder that many of us run on coffee every day as our source of energy for getting through our day. In fact, it's hard to imagine making it through a single day of our work-week without that hit of caffeine either from a hot cup of joe or a soda or from some other means. While caffeine isn't necessarily unhealthy, sodas are. And the levels of caffeine present in coffee definitely don't help the vitality of our central nervous systems, often leaving our glands and nerves out of balance and craving more. Smoothies have this built-in method of delivering natural carbohydrates, proteins, and sugars to our bodies quickly. They provide an immediate jump start to our day, that won't leave us crashed in our chairs later that afternoon.

Cautions and Concerns

By now, you've come to understand how helpful these weight loss smoothies are to your plans to get healthier, lose weight, and feel more energy. Here, however, is the part where we talk about the concerns.

Weight loss smoothies provide all the dietary nutrition you need to lose weight. However, if you don't burn calories, you can't expect to lose them. A habit of regular exercise is the other side of losing weight. Merely changing your diet alone isn't going to go very far in either getting healthy or losing weight. So, in addition to adding these recipes to your diet, it's important to find a way to move more and burn calories.

And here is the other piece you may not want to hear. None of the healthy benefits, including the weight loss, of these smoothies can be expected to become a reality for you if you don't follow it up by eating sensibly. Strict dieting, per se, isn't necessary. But don't expect to lose weight by drinking smoothies in between a diet of fast food, hamburgers, grease, and desserts. Weight loss smoothies are meant to be a part of a healthy balanced diet, not an excuse to eat more terrible food.

You'll also want to keep in mind that unless you're only making pure vegetable smoothies, these smoothies use fruit to sweeten them up. Fruits have natural sugars that, although

aren't as harmful for you as artificial sugars, should still be consumed in moderation. That means that you should be moderating how much fruit you're consuming and try to keep your fruit intake under control as well.

Now with all of that out in the open, we are now ready to enjoy some delicious, nutritious, lean, and refreshing weight loss smoothies! Get blending and remember, check out our other books for more meal and ingredient ideas, follow us on Facebook or sign up to our mailing list for more free eBooks, and have fun with these recipes and email us at culinarycanary@gmail.com for feedback or suggestions for our next book.

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Thanks!

Weight Loss Smoothie Recipes

Banana Sunrise



Time: 15 minutes

Yield: 1 serving

High fiber ingredients such as kale are your key to losing weight, so don't be stingy when it comes to the green!

Ingredients:

1 **banana**, cut into quarters

1 cup **kale**, chopped

2 tbsp. **almond butter**

1 tbsp. **flax seed**

1/8 tsp **ground cinnamon**

1 cup water

1/2 cup ice if desired

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 240

Fat: 6g

Cholesterol: 0mg

Sodium: 80mg

Carbohydrates: 43g

Protein: 8g

Vitamin A: 230%

Vitamin C: 160%

Calcium: 30%

Iron: 10%

Greena Colada



Time: 20 minutes

Yield: 2 servings

Just because you're trying to lose weight, doesn't mean you have to lose out on flavor! This smoothie's great for those who love Pina Coladas.

Ingredients:

1 1/2 cups coconut milk

1/2 banana, cut into quarters

1 cup pineapple, frozen or fresh, preferably diced

Handful of collard greens, stems removed (replace with spinach if desired)

1/4 cup ice if desired

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 360

Fat: 33g

Cholesterol: 0mg

Sodium: 25mg

Carbohydrates: 17g

Protein: 4g

Vitamin A: 35%

Vitamin C: 20%

Calcium: 6%

Iron: 10%

Tropical Morning Smoothie



Time: 15 minutes

Yield: 2 servings

Greek yogurt is a fantastic ingredient to use to increase the good bacteria in your digestive system and the spinach and kale's fiber will help you feel fuller for longer.

Ingredients:

1/2 mango, cored and chopped

1 banana, cut into quarters

1/2 cup plain Greek yogurt (can use vanilla Greek yogurt if you'd like)

1/2 cup spinach, chopped

1/2 cup kale, chopped

1/2 cup coconut milk

1 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 160

Fat: 0g

Cholesterol: 0mg

Sodium: 5mg

Carbohydrates: 39g

Protein: 3g

Vitamin A: 50%

Vitamin C: 270%

Calcium: 6%

Iron: 0%

Green Punch Smoothie



Time: 15 minutes

Yield: 4 servings

Consider this smoothie a healthy green fruit punch for those looking to lose weight. If you can replace the raspberries with some more spinach, even better!

Ingredients:

1 banana, cut into quarters

1 seedless orange, peeled

1 cup cranberries

1 cup raspberries

2 1/2 cups baby spinach

Handful of pitted dates

1 cup ice (if not using frozen berries, place in blender last to avoid blending ice)

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 80

Fat: 0g

Cholesterol: 0mg

Sodium: 5mg

Carbohydrates: 18g

Protein: 0g

Vitamin A: 0%

Vitamin C: 8%

Calcium: 0%

Iron: 0%

Lean Green Machine



Time: 10 minutes

Yield: 2 servings

Pineapple is usually known as the tropical fruit, but it's also extremely helpful in cleaning your digestive system of toxins.

Combined with some healthy ingredients like spinach and parsley, your body will be the lean green machine you always wanted it to be.

Ingredients:

2 1/2 cups pineapple, cubed

1/2 English cucumber, peeled and chopped

1/2 pear, chopped

1 lime, peeled and chopped (can also use juice of 1 lime)

1 cup baby spinach

1/2 cup parsley

1/2 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 110

Fat: 0g

Cholesterol: 0mg

Sodium: 5mg

Carbohydrates: 29g

Protein: 2g

Vitamin A: 4%

Vitamin C: 120%

Calcium: 6%

Iron: 4%

Peanut Butter Banana Shake



Time: 10 minutes

Yield: 1 serving

Whoa, how can a peanut butter banana shake be good for me and help me lose weight? Including ingredients like spinach, banana, and Greek yogurt help make you feel fuller for longer without craving unhealthy snacks or sugary foods.

Ingredients:

1 1/2 tbsps. peanut butter (use a more natural brand for better health benefits)

1 banana, cut into quarters

2 cups baby spinach

3/4 cup milk (can also use coconut milk if you prefer)

1/2 cup plain fat-free Greek yogurt

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 340

Fat: 15g

Cholesterol: 10mg

Sodium: 190mg

Carbohydrates: 51g

Protein: 18g

Vitamin A: 10%

Vitamin C: 10%

Calcium: 35%

Iron: 25%

Green Citrus Smoothie



Time: 10 minutes

Yield: 3-4 servings

If you're really trying to cram as many green objects into your blender as possible, this might be the smoothie for you. It even

tastes great so you don't feel like you're eating a blended salad
(even though you most likely are).

Ingredients:

1 cup kale, chopped

1 cup baby spinach

1/2 cup parsley

1/4 cup mint

1/4 head of celery

1/2 seedless orange, peeled

1/2 lime, peeled

1/2 lemon, peeled

2 carrots, diced

2 Granny Smith apples, quartered

1 1/4 cup pineapple, cubed

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 80

Fat: 0g

Cholesterol: 0mg

Sodium: 80mg

Carbohydrates: 20g

Protein: 2g

Vitamin A: 8%

Vitamin C: 40%

Calcium: 4%

Iron: 2%

Strawberry Banana Surprise



Time: 10 minutes

Yield: 1 smoothie

Typically a strawberry banana smoothie you get from a juice bar will contain loads of added sugars and ingredients you don't need, but the surprise in this shake is that the added ingredients will help you lose weight!

Ingredients:

1 banana, cut into quarters

1/2 cup strawberries, fresh or frozen

1/2 cup nonfat plain Greek yogurt

2 tbsps. peanut butter (use a more natural brand for better health benefits)

1/2 cup kale, chopped

1 tbsp. chia seed (optional)

1/2 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 410

Fat: 27g

Cholesterol: 0mg

Sodium: 0mg

Carbohydrates: 36g

Protein: 13g

Vitamin A: 4%

Vitamin C: 60%

Calcium: 15%

Iron: 10%

Gingers Have Smoothies Too



Time: 15 minutes

Yield: 2 servings

Just like gingers usually feel left out or picked on, the ingredients in this smoothie aren't very popular when it comes to blended drinks.

However, just like gingers in the real world, these ingredients all have something positive to bring to the table.

Ingredients:

1 seedless orange, quartered

1/2 cup carrots, diced

1/4 cup plain low-fat yogurt

1/2 piece fresh ginger, peeled and chopped

1/2 cup water

1/2 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 60

Fat: 1g

Cholesterol: 4mg

Sodium: 35mg

Carbohydrates: 12g

Protein: 2g

Vitamin A: 230%

Vitamin C: 10%

Calcium: 6%

Iron: 0%

Strawberry Kiwi Cooler



Time: 10 minutes

Yield: 2 servings

Strawberry kiwi has taken a backseat to strawberry banana lately but the taste is no less delicious.

Ingredients:

1/2 cup strawberries, fresh or frozen

1 1/2 kiwis, peeled and quartered

1/4 cup plain Greek yogurt

1/4 cup almond milk (can use vanilla almond milk if preferred)

1/2 tsp honey

1/2 tsp vanilla extract (optional)

1/2 tbsp. flaxseed (optional)

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 190

Fat: 2g

Cholesterol: 5mg

Sodium: 30mg

Carbohydrates: 43g

Protein: 3g

Vitamin A: 4%

Vitamin C: 110%

Calcium: 8%

Iron: 0%

French Vanilla Lime Blend



Time: 15 minutes

Yield: 2 servings

Instead of having that morning coffee that's full of sugar, why not try a smoothie like this that contains Greek yogurt, which helps your digestive system reach its peak performance.

Ingredients:

2 tbsps. French vanilla coffee beans

1/4 **lime** (can also use juice of lime)

1/2 tsp vanilla extract

1/2 cup plain low fat Greek yogurt

1/2 cup coconut milk

1/2 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 130

Fat: 0g

Cholesterol: 0mg

Sodium: 0mg

Carbohydrates: 34g

Protein: 0g

Vitamin A: 2%

Vitamin C: 30%

Calcium: 2%

Iron: 0%

Green Tea Berry Brunch



Time: 20 minutes

Yield: 2 servings

Green tea is known to help you lose weight along with its multitude of other benefits. Including it in a smoothie full of other healthy ingredients ensures you're getting a smoothie that's good for you.

Ingredients:

2 green tea bags

3/4 cup water

2 cups blueberries

1 1/2 cup fat free vanilla yogurt

2 tbsps. almonds

2 tbsps. flax seeds

1/2 cup ice

Directions:

1. Steep green tea in boiling water for 5 minutes.
2. Allow tea to cool, add all ingredients to the blender, and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 190

Fat: 1g

Cholesterol: 4mg

Sodium: 15mg

Carbohydrates: 44g

Protein: 2g

Vitamin A: 4%

Vitamin C: 60%

Calcium: 6%

Iron: 2%

Sweet Protein Punch



Time: 10 minutes

Yield: 2 servings

If you're going to the gym and find yourself buying protein shakes either from the gym or from a store, you can not only save money, but also lose any added sugars or preservatives that may be in those shakes with a sweet protein punch.

Ingredients:

1 Fuji apple, peeled and quartered
1 1/2 cups almond milk
1/2 cup kale, chopped
1/2 tsp cinnamon (can vary depending on taste)
1 scoop vanilla protein powder (if desired)
1/4 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 170

Fat: 0g

Cholesterol: 0mg

Sodium: 15mg

Carbohydrates: 43g

Protein: 0g

Vitamin A: 2%

Vitamin C: 50%

Calcium: 2%

Iron: 0%

Oatmeal in a Glass



Time: 10 minutes

Yield: 1 serving

Granted, oatmeal in a glass doesn't sound appealing whatsoever. But how does vanilla almond milk, mixed berries, and honey sound?

You'll come around after giving this smoothie a try.

Ingredients:

1/4 cup dry steel-cut oats

1 cup vanilla almond milk

1 1/2 cup mixed berries, fresh or frozen

1 tsp honey

1 tbsp. chia seed

1/2 cup ice

Cinnamon, to taste

Directions:

1. Add oats to blender and blend until powdered.
2. Add almond milk to blender and pulse until fairly even consistency. Add remaining ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 310

Fat: 3g

Cholesterol: 0mg

Sodium: 170mg

Carbohydrates: 62g

Protein: 12g

Vitamin A: 2%

Vitamin C: 30%

Calcium: 20%

Iron: 15%

Banana Blueberry Blast



Time: 10 minutes

Yield: 1 serving

Blueberries are known to be full of antioxidants that can help prevent tons of diseases and, when combined with these other ingredients, will help you enjoy a healthy snack instead of one that grows your waistline.

Ingredients:

1 banana, cut into quarters
3/4 cup blueberries, fresh or frozen
1/2 cup fat free plain Greek yogurt
1/4 cup baby spinach
1 tbsp. flaxseed oil

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 190

Fat: 0g

Cholesterol: 0mg

Sodium: 0mg

Carbohydrates: 48g

Protein: 3g

Vitamin A: 4%

Vitamin C: 40%

Calcium: 2%

Iron: 0%

Green Mango Smoothie



Time: 10 minutes

Yield: 2 servings

No, you're not going to be using a green mango, but you'll be using a mango along with ingredients that add flavor and nutrition to your glass.

Ingredients:

1 cup mango, cubed

1/4 avocado, peeled and chopped

1/2 cup vanilla or mango sorbet

1/2 cup collard greens, chopped

1/4 cup skim milk

2 tablespoons honey

Directions

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 130

Fat: 0g

Cholesterol: 0mg

Sodium: 15mg

Carbohydrates: 32g

Protein: 1g

Vitamin A: 25%

Vitamin C: 120%

Calcium: 2%

Iron: 2%

Clean Green



Time: 5 minutes

Yield: 1 serving

Fruits like apples and bananas are considered as regular as they come, but the fiber they provide in this smoothie is just the beginning. Combined with the digestive benefits of Greek yogurt and the various benefits of kale, this smoothie is truly one that you'll feel good drinking.

Ingredients:

1 Red Delicious apple, peeled and quartered

1 banana, cut into quarters

1/4 cup fat-free plain Greek yogurt

3/4 cup almond milk

1/4 cup kale

1/4 cup parsley

1 tsp coconut oil

1/2 tsp cinnamon

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 110

Fat: 3g

Cholesterol: 0mg

Sodium: 5mg

Carbohydrates: 24g

Protein: 1g

Vitamin A: 2%

Vitamin C: 80%

Calcium: 2%

Iron: 0%

Berry Tofu



Time: 15 minutes

Yield: 2-3 servings

Tofu in a smoothie? That's right. If you're a vegetarian or vegan, you'll notice that getting a proper amount of protein in your diet is a difficult thing to do. This smoothie makes it easier, while also

providing healthy fats that help lower cholesterol and your waist size.

Ingredients:

1/4 cup silken tofu, diced

2 tbsps. soy milk

3/4 cup mixed berries, fresh or frozen

1/4 banana

2 cups orange juice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 260

Fat: 6g

Cholesterol: 0mg

Sodium: 25mg

Carbohydrates: 42g

Protein: 12g

Vitamin A: 4%

Vitamin C: 25%

Calcium: 50%

Iron: 35%

Melon Mix



Time: 10 minutes

Yield: 4 servings

Eating a variety of fruits and vegetables is the key to a good diet, and this is one recipe that has some unique ingredients you might not find too often in other smoothies.

Ingredients:

1/2 cup cantaloupe, seeded and cubed

1/2 cup honeydew melon, seeded and cubed

1/4 cup parsley

1 lime, fresh or juiced

2 tablespoons honey

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 70

Fat: 0g

Cholesterol: 0mg

Sodium: 20mg

Carbohydrates: 19g

Protein: 1g

Vitamin A: 25%

Vitamin C: 60%

Calcium: 2%

Iron: 2%

Pink Detox



Time: 15 minutes

Yield: 4 servings

Everyone hears the word detox and thinks of a juice fast or something where you starve your body, but that can't be further from the truth. By eating foods that naturally detoxify the body, such as beets, grapefruits, and avocados, you're eating healthier and getting rid of unhealthy fat.

Ingredients:

1 cup strawberries, fresh **or** frozen
1 beet, quartered and ends chopped
1/2 pink grapefruit, peeled and quartered
1 Fuji apple, quartered
1/2 avocado
1 celery stalk, chopped
1/2 cup kale, chopped
1/2 cup spinach
1 cup coconut water
1 lemon
1 tbsp. coconut oil
1/2 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 90

Fat: 0g

Cholesterol: 0mg

Sodium: 0mg

Carbohydrates: 24g

Protein: 0g

Vitamin A: 15%

Vitamin C: 120%

Calcium: 4%

Iron: 6%

Melon Tea Smoothie



Time: 15 minutes

Yield: 2 servings

Another green tea smoothie for those that couldn't get enough of the first one. This smoothie combines the mild taste of

honeydew melon to green tea to make something that's not too sweet and goes down easy.

Ingredients:

1 banana, cut into quarters

1/2 honeydew melon, cubed

1/4 cup almond milk

2 green tea bags

3/4 cup water

Directions:

1. Steep green tea in hot water for 5 minutes. Allow green tea to cool.
2. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 250

Fat: 7g

Cholesterol: 0mg

Sodium: 65mg

Carbohydrates: 47g

Protein: 4g

Vitamin A: 4%

Vitamin C: 110%

Calcium: 4%

Iron: 4%

Cool Blue Treat



Time: 15 minutes

Yield: 2 servings

Berries and pomegranates are full of antioxidants that help burn fat and combined with spinach, this treat is something that you can go to repeatedly instead of a sugary drink or snack.

Ingredients:

1 cup blueberries, fresh or frozen

1 pomegranate, quartered

1 Red Delicious apple, quartered

1 cup fresh spinach

1/2 banana, cut into quarters

1/2 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 180

Fat: 4g

Cholesterol: 15mg

Sodium: 90mg

Carbohydrates: 29g

Protein: 7g

Vitamin A: 2%

Vitamin C: 40%

Calcium: 20%

Iron: 0%

Cinnamon Vanilla Smoothie



Time: 10 minutes

Yield: 2 servings

If you'd like to lay off of all the fruits for a bit and would like to try something different, this smoothie's great. Cinnamon's a natural spice that can help induce weight loss along with the other spices in this smoothie.

Ingredients:

1 tsp ground cinnamon
1 cup vanilla yogurt
4 pitted dates
1 pinch ground nutmeg
1/2 tsp ground ginger
1 tbsp. flaxseed (optional)

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 230

Fat: 2g

Cholesterol: 5mg

Sodium: 85mg

Carbohydrates: 47g

Protein: 8g

Vitamin A: 290%

Vitamin C: 50%

Calcium: 25%

Iron: 6%

Banana Fig Smoothie



Time: 10 minutes

Yield: 2 servings

Although the latest exposure you may have had to figs is through a popular cookie, it may be time to brush up on your fig consumption with this smoothie.

Ingredients:

2 bananas, cut into quarters

6 figs, chopped

3/4 cup almond milk

1/2 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 280

Fat: 2g

Cholesterol: 5mg

Sodium: 70mg

Carbohydrates: 66g

Protein: 7g

Vitamin A: 20%

Vitamin C: 25%

Calcium: 35%

Iron: 2%

Yellow Yam



Time: 15 minutes

Yield: 2 servings

Yams are a great food that are extremely flexible in their uses, and this smoothie is an example of that. But how can yams help lose weight? Thanks to the high amount of fiber and water, yams are a great weight loss tool.

Ingredients:

1 1/2 yams, chopped
1 1/2 cups low fat plain Greek yogurt
1/2 cup vanilla almond milk
1/2 tsp vanilla extract
1/2 tbsp. honey
1 tbsp. chia seed
1 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 130

Fat: 4g

Cholesterol: 15mg

Sodium: 65mg

Carbohydrates: 19g

Protein: 5g

Vitamin A: 4%

Vitamin C: 15%

Calcium: 15%

Iron: 2%

Tropical Papaya



Time: 20 minutes

Yield: 4 servings

Papaya's another fruit that's great for your digestive system and, combined with the other ingredients in this smoothie, will have you feeling full quicker than you think.

Ingredients:

2 cups papaya, cubed

1 cup mango, cubed

3/4 cup coconut milk

3/4 cup pineapple juice 1 cup **orange juice**

1/2 cup baby spinach

1/4 cup mint

1 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 240

Fat: 1g

Cholesterol: 4mg

Sodium: 30mg

Carbohydrates: 58g

Protein: 4g

Vitamin A: 35%

Vitamin C: 200%

Calcium: 10%

Iron: 0%

Creamy Mango Smoothie



Time: 15 minutes

Yield: 4 servings

Some like their smoothies a bit thicker, and for those people, there's no better option than a creamy mango smoothie.

Ingredients:

2 cups mango, cubed

2 bananas, cut into quarters

2 cups plain yogurt (fat free optional)

1 tbsp. vanilla extract

1 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 180

Fat: 3g

Cholesterol: 10mg

Sodium: 75mg

Carbohydrates: 36g

Protein: 6g

Vitamin A: 10%

Vitamin C: 40%

Calcium: 20%

Iron: 0%

Banana Date Almond Smoothie



Time: 10 minutes

Yield: 4 serving

This smoothie not only contains all kinds of benefits from the ingredients you can taste, but also helps by including spices like ginger and nutmeg that you may not even notice are there!

Ingredients:

2 bananas, cut into quarters

1 cup dates, pitted

1/4 cups almonds

1/2 cup coconut water

1 tsp ground ginger

1 tsp ground nutmeg

1/2 cup ice

Directions:

1. Blend almonds into a fine powder. Add remaining ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 740

Fat: 62g

Cholesterol: 15mg

Sodium: 55mg

Carbohydrates: 52g

Protein: 7g

Vitamin A: 4%

Vitamin C: 15%

Calcium: 10%

Iron: 30%

PineApple Smoothie



Time: 15 minutes

Yield: 2 servings

No, this isn't just a pineapple smoothie, it's a pine-apple smoothie.

Including these two sweet fruits allows you to also include vegetables necessary to lose weight such as spinach, kale, and Swiss chard.

Ingredients:

2/3 cup pineapple, cubed

1 cup Gala apple, quartered

1/3 cup spinach

1/3 cup kale

1/3 cup Swiss chard

1/3 cup coconut water

1 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 160

Fat: 0g

Cholesterol: 0mg

Sodium: 0mg

Carbohydrates: 40g

Protein: 2g

Vitamin A: 2%

Vitamin C: 110%

Calcium: 4%

Iron: 2%

Peanut Butter and Chocolate Smoothie



Time: 15 minutes

Yield: 4 servings

Cocoa powder actually contains benefits of its own, but even if it didn't, the addition of yogurt, almonds, collard greens, kale, and cinnamon ensure that you'll be drinking healthy anyways.

Ingredients:

1 tbsp. peanut butter

1 tbsp. unsweetened cocoa powder (preferably over 70% pure)

2 tbsp. plain yogurt

2 tbsp. almonds

1/2 cup collard greens, chopped

1/2 cup kale

1/8 tsp ground cinnamon

1 cup coconut milk

1 cup ice

Directions:

1. Blend almonds into a fine powder. Add remaining ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 340

Fat: 15g

Cholesterol: 40mg

Sodium: 340mg

Carbohydrates: 27g

Protein: 22g

Vitamin A: 0%

Vitamin C: 8%

Calcium: 70%

Iron: 2%

Spearmint Smoothie



Time: 10 minutes

Yield: 2 servings

If you'd like something a bit more unique, this spearmint smoothie is just that. Add a bit of cocoa powder if you're a fan of junior mints!

Ingredients:

15 mint leaves, chopped

1/2 cup vanilla almond milk

1 cup spinach

1/4 cup parsley

1 teaspoon peppermint extract

1/2 cup water

1/2 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 170

Fat: 1g

Cholesterol: 0mg

Sodium: 11mg

Carbohydrates: 45g

Protein: 4g

Vitamin A: 70%

Vitamin C: 130%

Calcium: 15%

Iron: 35%

Mango Lassi



Time: 10 minutes

Yield: 4 servings

Lassi is a traditionally Indian drink that's yogurt based and can be flavored plenty of different ways. Use a different fruit or forego the fruit altogether if you'd like.

Ingredients:

3 cups mango, cubed

2 cups vanilla yogurt

1 cup water

1/2 tsp cardamom

1 cup skim milk (almond milk optional)

1/8 tsp ground cardamom as garnish (optional)

Slivered almonds as garnish (optional)

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve sprinkled with some slivered almonds and ground cardamom on top

Nutrition:

Amount per Serving

Calories: 90

Fat: 0g

Cholesterol: 4mg

Sodium: 70mg

Carbohydrates: 17g

Protein: 6g

Vitamin A: 8%

Vitamin C: 25%

Calcium: 20%

Iron: 0%

Gr-Apple Kale Smoothie



Time: 30 minutes

Yield: 4 servings

Although the phytochemicals in grapes are just beginning to be recognized as the health benefit they are, the other ingredients in this smoothie ensure that you'll be getting lots of healthy nutrition on top of the cancer preventing phytochemicals from grapes.

Ingredients:

1 1/2 cups red or green grapes (preference based)

1 Granny Smith apple, quartered

1 cup kale, chopped

1/2 lemon, chopped or juiced

1 1/2 cups water

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 20

Fat: 0g

Cholesterol: 0mg

Sodium: 20mg

Carbohydrates: 6g

Protein: 0g

Vitamin A: 15%

Vitamin C: 45%

Calcium: 2%

Iron: 2%

Green Tea-tox



Time: 20 minutes

Yield: 1 serving

The detoxifying foods contained in this smoothie stretch beyond just green tea. Broccoli, spinach, and avocado are all very well known for helping your body get rid of unwanted toxins and fats.

Ingredients:

2 green tea bags

1 1/2 cups hot water

1 cup baby spinach, chopped

1 cup broccoli flowers, chopped

1 Granny Smith apple, quartered

1/2 avocado, chopped

1/4 cup mint leaves

1/2 lime, juiced

1 1/2 tbsp. ground ginger

Directions:

1. Steep green tea bags in hot water for five minutes.
Allow green tea to cool.
2. Add green tea and remaining ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 310

Fat: 16g

Cholesterol: 0mg

Sodium: 45mg

Carbohydrates: 52g

Protein: 7g

Vitamin A: 140%

Vitamin C: 370%

Calcium: 20%

Iron: 20%

Herbal Tea Smoothie



Time: 25 minutes

Yield: 2 servings

Thanks to the weight loss properties of chamomile and cayenne pepper, here's another tea recipe for those of you who enjoy the green tea smoothies but would like to try something different.

Ingredients:

2 chamomile tea bags

3/4 cup hot water

1 lemon, juiced

1/2 lime, juiced

1/4 cup dates, pitted

2 tsps. coconut oil

2 tbsp. fat free plain yogurt

1/8 tsp cayenne pepper

1/2 cup ice

Directions:

1. Steep chamomile tea bags in hot water for five minutes. Allow tea to cool.
2. Add chamomile tea and remaining ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 80

Fat: 0g

Cholesterol: 0mg

Sodium: 5mg

Carbohydrates: 18g

Protein: 0g

Vitamin A: 0%

Vitamin C: 8%

Calcium: 0%

Iron: 0%

Orange Cream Smoothie



Time: 5 minutes

Yield: 2 servings

Although oranges (and Mandarin oranges) are known for being sweet and providing lots of vitamin C to keep you from getting sick, did you know that vitamin C can also encourage you to lose weight?

Ingredients:

2 cups seedless Mandarin oranges, peeled

1 cup fat free vanilla Greek yogurt

1 cup coconut water

1 tbsp. vanilla extract

2 cups ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 70

Fat: 2g

Cholesterol: 10mg

Sodium: 35mg

Carbohydrates: 11g

Protein: 2g

Vitamin A: 4%

Vitamin C: 30%

Calcium: 15%

Iron: 2%

Ch-ch-ch-chia Chocolate Shake



Time: 20 minutes

Yield: 2 servings

No, this smoothie won't cause you to grow grass out of your scalp. What it will do is help you lose weight thanks to the Swiss chard and chia seed.

Ingredients:

2 tablespoons chia seeds

2 cups chocolate almond milk

1 banana, cut into quarters

1 tsp cocoa powder

1/2 cup Swiss chard

Directions:

1. Pour almond milk and chia seeds into blender and set aside for 10-15 mins
2. Add remaining ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 220

Fat: 12g

Cholesterol: 0mg

Sodium: 5mg

Carbohydrates: 27g

Protein: 4g

Vitamin A: 2%

Vitamin C: 15%

Calcium: 2%

Iron: 8%

Blueberry Smoothie



Time: 5 minutes

Yield: 1 serving

Blueberries are often touted for their antioxidants, the phytochemicals in blueberries can actually also help trim belly fat which causes cardiovascular issues and a whole host of other health problems.

Ingredients:

5 almonds (can be blanched)

1 1/2 cups blueberries, fresh or frozen

1 cup skim milk

1 tbsp. coconut oil

1 tbsp. flaxseed

Directions:

1. Blend almonds into a fine powder in blender (to blanch, soak almonds in boiling water for 60 seconds before cooling and peeling skins off).
2. Add remaining ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 130

Fat: 0g

Cholesterol: 4mg

Sodium: 50mg

Carbohydrates: 29g

Protein: 4g

Vitamin A: 2%

Vitamin C: 15%

Calcium: 15%

Iron: 0%

Watermelon Citrus Smoothie



Time: 5 minutes

Yield: 2-3 servings

Watermelon is a delicious fruit that you'll often find yourself craving in the summertime. Thanks to the high water content and low calories, it's ideal for a weight loss smoothie.

Ingredients:

3 cups seedless watermelon, cubed

1 lemon, juiced

1/2 cup low fat vanilla Greek yogurt

1/4 cups almond milk

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 80

Fat: 0g

Cholesterol: 0mg

Sodium: 95mg

Carbohydrates: 21g

Protein: 2g

Vitamin A: 15%

Vitamin C: 25%

Calcium: 4%

Iron: 0%

Tomato Smoothie



Time: 10 minutes

Yield: 2 servings

Tomatoes offer another source that's rich in vitamin C which can play a role in losing weight, not to mention being low in calories.

Ingredients:

2 cups tomatoes, chopped

1/2 cup of tomato juice

1/4 cup of carrot juice

1/4 cup of broccoli flowers, chopped

1/4 cup of celery, chopped

1/2 tsp hot sauce

1 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 70

Fat: 0g

Cholesterol: 0mg

Sodium: 45mg

Carbohydrates: 15g

Protein: 3g

Vitamin A: 120%

Vitamin C: 60%

Calcium: 4%

Iron: 0%

Almond Tofu Smoothie



Time: 10 minutes

Yield: 2 servings

If you're a vegetarian, this smoothie's an almost essential one for you. The protein and fats in tofu, soy milk, yogurt, and almonds are essential for a balance diet. If you're vegan, replace the yogurt with kale to provide calcium and other nutrients.

Ingredients:

3/4 cup firm silken tofu

1 cup vanilla soymilk (can replace almond milk or regular milk if you prefer)

3/4 cup plain low-fat yogurt

1/4 cup almonds

1 tbsp. flax seed

1 tsp ground ginger

Directions:

1. Blend almonds into a fine powder in blender.
2. Add remaining ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 270

Fat: 13g

Cholesterol: 0mg

Sodium: 170mg

Carbohydrates: 36g

Protein: 16g

Vitamin A: 10%

Vitamin C: 20%

Calcium: 45%

Iron: 20%

Sweet 'n Sour Grape



Time: 5 minutes

Yield: 1 serving

Grapes combined with the nutrients in citrus is a great tasting and healthy smoothie that's not too sweet and not too sour.

Ingredients:

3/4 cup green grapes

1/2 cup low-fat vanilla Greek yogurt

1/2 lemon, juiced

1/2 lime, juiced

1 tbsp. brown sugar

1/8 tsp vanilla extract

Pinch of cinnamon

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 100

Fat: 0g

Cholesterol: 0mg

Sodium: 10mg

Carbohydrates: 26g

Protein: 2g

Vitamin A: 4%

Vitamin C: 70%

Calcium: 4%

Iron: 0%

Aloe Very Berry



Time: 15 minutes

Yield: 1 serving

Aloe Vera is known to help the skin (which is probably why you see it in all those creams and lotions), but did you know it could help you lose weight as well? As a natural detox food and one that aids the digestive process, it's easy to see why.

Ingredients:

1/2 cup aloe vera juice

1/4 cup rolled oats

1/3 cup baby spinach

1/3 cup kale, chopped

1/3 cup collard greens, chopped

3/4 cup mixed berries, fresh or frozen

1/2 tsp vanilla extract

Directions:

1. Mix aloe vera and oats together and set aside for 10-15 minutes.
2. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 110

Fat: 0g

Cholesterol: 4mg

Sodium: 55mg

Carbohydrates: 22g

Protein: 4g

Vitamin A: 2%

Vitamin C: 45%

Calcium: 15%

Iron: 2%

Apple Cinnamon Smoothie



Time: 15 minutes

Yield: 2 servings

If you find yourself craving apple pie, try this smoothie instead. You'll avoid all the sugar and processed ingredients while drinking something that can help you lose weight.

Ingredients:

1 cup low fat vanilla Greek yogurt

1 1/2 tsps. ground cinnamon

1 Fuji apple, cored and sliced

1 cup kale, chopped

1/2 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 220

Fat: 5g

Cholesterol: 20mg

Sodium: 50mg

Carbohydrates: 43g

Protein: 3g

Vitamin A: 6%

Vitamin C: 8%

Calcium: 10%

Iron: 2%

Blackberry Banana



Time: 10 minutes

Yield: 2 servings

Blackberries are a bit unique in that they contain more antioxidants than almost any other fruit available. Not only that, they're high in fiber and contain lots of water, which means they fall right in line as a weight loss ingredient for smoothies.

Ingredients:

2 cups blackberries, fresh or frozen

2 bananas, cut into quarters

1 lime, juiced

1/2 cup plain yogurt

1/2 cup coconut water

1/2 tbsp. cinnamon

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 220

Fat: 4g

Cholesterol: 10mg

Sodium: 40mg

Carbohydrates: 45g

Protein: 6g

Vitamin A: 10%

Vitamin C: 60%

Calcium: 15%

Iron: 10%

Peaches & Cream



Time: 5 minutes

Yield: 1 serving

Although peaches and cream doesn't sound like the healthiest smoothie, it's actually pretty good for you. The peaches, yogurt, banana, and cinnamon all help your digestive system get rid of unhealthy and unwanted fats.

Ingredients:

1 1/2 cups sliced fresh peaches
1/2 cup fat free plain Greek yogurt
1/2 banana, chopped
1 tsps. honey
1/2 tsp. cinnamon
1/2 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 35

Fat: 1g

Cholesterol: 4mg

Sodium: 15mg

Carbohydrates: 5g

Protein: 1g

Vitamin A: 4%

Vitamin C: 6%

Calcium: 4%

Iron: 0%

Pink Blast



Time: 10 minutes

Yield: 2 servings

Not only does this smoothie contain pink ingredients that will help you lose weight, it also has some additional spices that have a variety of health benefits along with encouraging weight loss.

Ingredients:

1 cup pink grapefruit, cut into quarters

1/2 cup strawberries, fresh or frozen

1/2 cup vanilla almond milk

1/2 tsp ginger

1/2 tsp cardamom

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 90

Fat: 0g

Cholesterol: 0mg

Sodium: 0mg

Carbohydrates: 24g

Protein: 0g

Vitamin A: 15%

Vitamin C: 120%

Calcium: 4%

Iron: 6%

Pumpkin Pie



Time: 5 minutes

Yield: 2 servings

Pumpkin is known to be full of fiber and other nutrients which help you trim fat, so why not use some of this seasonal fruit for something besides pie or using to scare little kids?

Ingredients:

1/2 cup pumpkin, pureed

1/2 banana, chopped

1 cup fat-free vanilla Greek yogurt

1/2 tsp pumpkin pie spice

1/2 tsp cinnamon

1/2 tsp brown sugar

1/4 tsp vanilla extract

1 cup ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 70

Fat: 3g

Cholesterol: 4mg

Sodium: 85mg

Carbohydrates: 8g

Protein: 3g

Vitamin A: 60%

Vitamin C: 2%

Calcium: 10%

Iron: 2%

Guilt Free Chocolate Shake



Time: 10 minutes

Yield: 4 servings

When we think of or eat chocolate, it's hard not to feel guilty, especially when we're trying to lose weight. But there are ways to have chocolate in moderation and actually have it work in your favor, such as this recipe.

Ingredients:

1/4 cup unsweetened cocoa powder (70% or higher preferred)

1/4 cup dates, pitted

2 scoops unsweetened chocolate/vanilla protein powder

4 cups coconut water

2 cups ice

Directions:

1. Add all ingredients to the blender and pulse until consistency is smooth. Serve cold.

Nutrition:

Amount per Serving

Calories: 230

Fat: 7g

Cholesterol: 0mg

Sodium: 100mg

Carbohydrates: 35g

Protein: 7g

Vitamin A: 10%

Vitamin C: 30%

Calcium: 20%

Iron: 4%

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Every Day
JUICING
Recipes



Delicious and Healthy Recipes
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Introduction

If you've been out in the mall, at a juice bar, or have Instagram, chances are you've seen what's come to be known as a green smoothie. No, a green smoothie is not a produce to give your skin that green glow that everyone loves. Instead, a green smoothie is a drink created from blending a bunch of leafy green vegetables, maybe some fruit, , water, ice, and maybe a few other ingredients depending on an individual's taste. Many people who drink green smoothies tend to stick to blends that do not contain processed foods or sugars as to keep the drink as healthy as possible. Generally, the purpose of a green smoothie can vary based on a person's health needs. Leafy greens are essential to the mix, however outside of these greens is where you have the option to experiment.

You'll quickly find that adding fruits to the smoothie will improve the flavor by leaps and bounds. If you find the smoothie is still a bit bitter for your tastes, you could try adding natural sweeteners like honey or natural spices like cinnamon. This recipe book will guide you through some unique smoothies but really, imagination will be your only limitation when it comes to making your own.

So what are some of these leafy greens that you've heard so much about? Kale (vegetable that has green or purple leaves), collard greens (vegetable with large, green leaves), spinach (could give you super strength if you happen to be a sailor

man), broccoli (whose flowers are the main edible), Romaine lettuce (long and tall, can come in red or green), and cabbage (green is more popular but also comes in purple and white) not only look pretty, but they're chock full of nutrition as well.

Using these vegetables as a base for your green smoothie is highly advised. Each of these vegetables provides different health benefits, but the proper use and balance of these vegetables is also advised. The proper balance of these vegetables will be discussed shortly.

Watermelon Juice



Time: 25 minutes

Yield: 8 servings

Nothing goes down on a hot summer day quite like a watermelon, so why not make some juice out of it? Try adding a pinch of salt to the drink if you enjoy salt on your watermelon.

Ingredients:

4 cups cubed seeded watermelon

1/2 cup almond milk

1/2 cup honey

1 lime, juiced

1/2 cup mint

Directions:

1. Place all ingredients in a food processor and pulse until smooth. Serve immediately.

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