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Feel free to leave it out if that's not your thing—it's just as delicious without. Fred Hardy This blackberry smoothie has plenty of fresh berry flavor and sweetness from banana and honey. And with only 5 minutes from start to finish, it's the perfect breakfast for busy mornings. If fresh blackberries aren't available, feel free to use frozen in this easy and healthy smoothie. Tangy passion fruit pairs well with mango in this tropical-flavored smoothie. Photographer: Fred Hardy II, Food Stylist: Margaret Monroe Dickey, Prop Stylist: Shell Royster This vibrant beet smoothie combines sweet and earthy beets with berries, banana and orange juice for a well-balanced flavor. Look for packaged cooked beets where the prepared fruits and vegetables are sold. Beets are high in belatins, an antioxidant that may help decrease inflammatory power, like the anthocyanins in blueberries and the gingerol found in ginger. This frappe harnesses the flavor power of a turmeric spice





The golden-milk spice mix is combined with kefir, coconut milk and honey before being whirred together for a frothy delight. Apples and peanut butter are a classic pair. Try them blended together in this healthy smoothie recipe extra green. Chia seeds lend a heart-healthy punch of fiber and omega-3 fatty acids. Blend almond milk, strawberry and pineapple for a smoothie that's so easy you can make it on busy mornings. A bit of almond butter adds richness and filling protein. Freeze some of the almond milk for an extra-icy texture. This creamy high-protein shake will keep you satisfied for hours and tastes like a chocolate-peanut butter banana milkshake. You don't even need to add protein for an extra nutritional boost. Ana Cadena Get a probiotic boost at breakfast when you add kefir to your smoothie recipe. A smoothie with strawberries, blueberries and banana is delicately sweet and entirely kid-friendly, even with a boost of protein from hemp seeds. Freeze the fruits ahead of time for an extra frosty texture once blended. This healthy green smoothie gets super creamy from the frozen banana and avocado. Make ahead (up to 1 day) and store it in the fridge until you need a veggie boost. This creamy, rich strawberry-chocolate smoothie will satisfy any chocolate cravings.

Weight Loss Smoothie Recipes - Simple and Healthy

Berry Smoothie

- 1 cup unsweetened vanilla almond milk
- -1/2 cup water
- -1 scoop whey protein powder
 - -1 tablespoon flaxseed -1 teaspoon chia seeds
- -1 cup frozen mixed berries
- -1 cup unsweetened vanilla almond milk

Nut-Butter Smoothie

- -1/2 cup water -1 tablespoon almond butter -7 to 8 ice cubes
 - powder -1 teaspoon honey

-1 scoop whey protein

- or NuttZo Fruit Smoothie
- -1 cup unsweetened vanilla almond milk -1/2 cup water
- 1 cup frozen mixed fruit 1 scoop whey protein powder -4 to 5 ice cubes

It's so decadent you might want it as a dessert, too. Almond butter adds nutty flavor plus 7 grams of protein to this healthy, protein-rich banana smoothie. This healthy, protein-rich banana smoothie is not only delicious--it also boosts your daily dose of anti-inflammatory foods. It starts with a base of creamy gut-friendly kefir and includes cherries, which can lower the inflammatory marker C-reactive protein. Heart-healthy fats in avocado, almond butter and chia seeds deliver additional anti-inflammatory compounds to the body, while spinach offers a mix of antioxidants that sweep up harmful free radicals.



Fresh ginger adds zing, plus a compound called gingerol, which preliminary studies suggest may improve inflammatory markers of heart disease if consumed daily.



This green smoothie recipe is sweetened only with fruit and gets an extra dose of healthy omega-3s from flaxseeds. Kefir is similar to yogurt, full of gut-friendly probiotics. But it has fewer carbs and a more drinkable consistency--perfect for smoothies. Whir up frozen bananas with peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic-rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more delicious with the addition of tangy probiotic rich, kefir. Plus, this peanut butter and banana is a classic combo that's even more beliacious probiotic rich kefir. Plus, this peanut butter and banana is a classic combo the sequence with the addition of tangy probiotic rich kefir. Plus, this peanut butter and banana is a classic combo the sequence with the addition of tangy prob