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Top 10 Smoothies For Weight Loss



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. Whirl up frozen bananas with peanut butter and cocoa in this sweet, creamy drink recipe to get all the delicious flavors of a milkshake with the health benefits of a smoothie. Ali Redmond 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 banana smoothie helps you up your veggie servings for the day with a bit of mild-flavored spinach mixed in. Strawberry and watermelon combine in this easy, 4-ingredient healthy fruit smoothie recipe. Keeping ripe peeled bananas in your freezer means you're always just one step away from a healthy smoothie. Kefir, peanut butter and flaxmeal add protein, probiotics and healthy fats. Red lentils give this smoothie a plant-based protein boost. To make this smoothie vegan, try using unsweetened coconut beverage or almond milk in place of the dairy milk. This healthy smoothie recipe has all the flavor of a pumpkin spice latte without all the sugar. Made with real pumpkin and frozen banana, this whips into a creamy, luscious grab-&-go breakfast (or snack) in just 5 minutes. Ali Redmond A squeeze of lemon juice adds bright flavor to this frozen fruit smoothie. Mango provides plenty of sweetness without having to add juice, but if it's too tart for you, a touch of agave will do the trick. This satisfying fruit smoothie recipe has only four ingredients for a quick and easy healthy breakfast on the go. For the prettiest color, use a mixture of berries with a lot of blueberries in this healthy smoothie recipe. Flaxseed oil adds heart-healthy omega-3 fats, making this a serious power smoothie. Ali Redmond Cauliflower in a smoothie might sound like a deal breaker, but trust us, it's worth it. Not only does it boost your veggie servings for the day, it also makes this peach smoothie even creamier. Ali Redmond Give your blueberry smoothie a tropical update with the rich flavors of coconut milk and coconut cream. Freshly squeezed orange juice lends bright flavor to this healthy smoothie recipe, but if you're short on time, bottled will work just fine. Ali Redmond The combination of oat milk, vanilla extract and sweet cherries makes this recipe taste like a cherry pie smoothie. Adding a bit of brown sugar boosts that nostalgia even more. Thanks for your feedback!