

Delicious and Refreshing Smoothie Recipes

Rippled Red-Berry Smoothie

The Rippled Red-Berry Smoothie is a very flavorful and exotically colored smoothie that you can enjoy at any time of the day. Not only is the recipe nutritionally rich, the flavors of fresh or frozen raspberries give this smoothie a fantastic taste. The natural flavor of this amazing, weight-loss smoothie is creamy and sweet and will fill you up instantly.

Ingredients

- 1½ cups water
- ½ cup coconut milk
- ¼ cup pitted dates (about 4 dates)
- 2 cups raspberries
- 1 cup mango
- 1 cup oats, (optional)

Preparation Method

1. Add all the fruits along with the water and coconut milk in the blender or juicer and pulse on high for a short time to combine all the ingredients together. Add oats if using and pulse again. Keep blending until it forms a thick, creamy smoothie.
2. Don't forget to add the final raspberry ripple swirl to your smoothie. Pour your smoothie in a glass and swirl a teaspoon of additional coconut milk in the middle of the smoothie. Chill your smoothie with ice cubes and enjoy.

Nutritional Values per Serving

Calories: 279, Total Fat: 13g, Carbohydrates: 43g, Protein: 4g

Fruity Mango Blend

With no more than four ingredients, this fruity smoothie is a terrific blend to fill you up. Enjoy the delicious flavors of this creamy blend that has several health benefits to offer you, including successful weight loss.

Ingredients

- 2 cups milk (dairy free)
- 1 cup spinach
- 1 cup oats
- 2 cups mango (chopped, fresh or frozen)

Preparation Method

1. Blend spinach and milk together in a high-speed blender for a few minutes until it is in liquid form. Add the remaining ingredients and blend again for several minutes until the mixture is thick and creamy.
2. Add ice cubes in the end, and give it one final blend. Serve fresh and enjoy fresh!

Nutritional Values per Serving

Calories: 260, Total Fat: 2g, Carbohydrates: 31g, Protein: 4g

Super Blue Magic

Loaded with nutrients of blueberries, this three-ingredient smoothie will serve your taste buds like no other.

Ingredients

- 1 cup milk (dairy free)
- 1 cup blueberries (unsweetened, frozen)
- 1 tablespoon cold-pressed organic flaxseed oil

Preparation Method

1. Combine blueberries with milk in a high-speed blender. and pulse for 1 minute. When done, pour into a glass, and stir in flaxseed oil.
2. Set to chill for some time before drinking for enhanced flavors.

Nutritional Values per Serving

Calories: 273, Total Fat: 14.5g, Carbohydrates: 29g, Protein: 9g

Mocha Smoothie

Add a shot of espresso, and enjoy the nutrient-dense smoothie.

Ingredients

- ½ cup vanilla frozen fat-free yogurt
- 2 teaspoons cocoa powder
- 1 shot espresso
- 1 cup ice cubes

Preparation Method

1. Place all the ingredients in a blender, and pulse at high speed for around a minute until smooth. Pour in a glass and serve chilled.

Nutritional Values per Serving

Calories: 251, Total Fat: 8.4g, Carbohydrates: 36g, Protein: 7g

Bright Watermelon Blend

This refreshing blend of watermelon and lemon sherbet is a weight-loss smoothie formula super hit!

Ingredients

- 6 cups watermelon (seedless, chopped)
- 1 cup vanilla fat-free yogurt, or non-fat milk,
- 1 cup ice cubes

Preparation Method

1. Place watermelon, low-fat vanilla yogurt or non-fat milk, and ice cubes in a blender and pulse at high for a minute until smooth. Serve immediately, and enjoy the fresh flavors.

Nutritional Values per Serving

Calories: 215, Total Fat: 8.5g, Carbohydrates: 38g, Protein: 9g

These recipes and more can be found in Madison Miller's *Smoothie Recipes: Gain Energy, Lose Weight, Detox and Feel Stronger*. To get your copy, click on the cover or click [here](#).

