

Top 10 Healthy Juices and Smoothies to Lose Weight

Deblina Biswas [Weight Loss](#)

Do you eat fruits and vegetables every day? If there's a resounding yes to that then terrific! How many of them are you able to consume every day? Do you know you have to fill half of your plate with [fruits and vegetables](#)? Do you manage to do that? If you are honest with yourself, you will know that it's difficult to eat that amount and include it in your diet. Cooking so many vegetables seem like a mammoth task, so you keep telling yourself that you would eat your vegetables the next day, but the next day never seems to come.



So what should you be doing, how should you be cracking the code on how to lose weight and how to replenish your needs for vegetables and fruits on a daily basis? Still at sea? Well, don't worry, there's a way out of this predicament, Follow the juice route or the smoothie way to health and fitness.

Why should you Juice it up?

There are a number of reasons why you should bank on juices and smoothies to stay healthy and fit. Some of the reasons can tell you why should you include juices and smoothies to keep it healthy!

- **It is easy and saves time-** Throw your favorite vegetables and fruits into a blender and you are sorted. No need to spend long hours in the kitchen chopping, baking, sewing, basting so on and so forth. You would just have to say cheese and your smoothie would be ready for consumption.

- **Strengthen your immunity-** Yes, with the wide variety of vegetables and fruits added to the smoothie you would protect your body from a lot of diseases. Now that's reason enough for you to chug away your smoothie or juice right away.
- **Detox with juices and smoothies-** It is a great way of detoxing by eliminating all the toxins that has accumulated in your body for so long and you haven't put up much of an effort of getting rid of them.
- **Weight loss benefits-** There are a number of diet juices which give us the vitamins and minerals yet they do not add bulk to the weight. If you are hungry, you can enjoy a smoothie or juice yet it won't add unnecessary calories to sabotage your weight-loss efforts! It must surely be [part of your weight-loss diet](#).
- **Reduce the cravings which force you to eat unhealthy-** Yes, when you are hungry if you reach out on healthy juices instead of unhealthy snacks, you would cut out the crappy things which would make you put on all the more weight.
- **Fabulous skin and hair-** If you drink these juices or smoothies you are sure to soak in the good number of nutrients which would help you to have a [glowing complexion and healthy hair](#). Now, what's not to like about it? This is the easiest way to look good and feel great.
- **Energize yourself with the right kind of fuel-** Like you feel bloated generally unhealthy by eating a lot of stuff which can be regarded as bad for health, if you consume juices and smoothies for even a month you would feel healthy from the inside.
- **They are easy to the eye and the tongue-** Yes, there's something very appealing about a colorful juice, which would coerce you to have it, without having to battle with your instincts.
- **Chock full of healthy ingredients-** It entirely depends on you how healthy you want it to be. Put in a host of healthy ingredients, and just a little churning and your glassful of nutritious drink is ready!
- **Concoct your own recipes-** You can even add those vegetables and fruits which you are not very fond of but a little imagination added to your list of ideas can create magic. A bit of herb or seasoning can make your smoothie or juice taste divine. Like a smoothie containing kale and avocado, now who would think that something so healthy would send your taste buds into a tizzy! Here's a chance for you to don the chef's hat and earn some brownie points from your friends and family members.

Just remind yourself that fresh is always better than packaged or something which is laden with sugar and a lot of additives and preservatives. So try and juice it up at your home than buying it from a store!

Top juice Recipes and Smoothie recipes to beat the Bulge

Juices or smoothies can be had any time of the day and they can be had without the fear of putting on weight. It is quick, easy and convenient. So what are we waiting for? We must check out these top healthy smoothie recipes and [healthy juices to lose weight](#).

Banana and Spinach Smoothie:

This is a very healthy smoothie combining the benefits of banana, carrot, and spinach. Have it first thing in the morning and you will be armed with a zest and vigor to conquer the world.



Ingredients:

- ½ banana
- 1 carrot
- 1 stalk celery
- 1 cup (30 g) spinach
- 1 inch (2.5 cm) piece of ginger
- ¼ lemon, peeled
- 1 tsp. Coconut oil
- 1 cup (250 ml) water or unsweetened almond milk.

Directions:

1. Wash and prepare ingredients.
2. Add all ingredients to the blender and blend on high for 45-60 seconds or until well mixed.
3. Serve and enjoy!

Green Smoothie:

You are a fitness freak and do not know what to eat or drink after your workout as that is the time your body absorbs the maximum amount of nutrients. You also have to eat right to get the maximum benefits out of your exercise regime.



Ingredients:

- ¾ cup (90 g) raspberries
- 1 cup (30 g) spinach
- 1 cup (250 ml) unsweetened almond or coconut milk
- 3 -5 ice cubes

Directions:

1. Wash all ingredients well.
2. Add ingredients to a blender and blend on high intensity for 45 – 60 seconds until smooth.

Pineapple Smoothie:

A super duper refreshing drink which blends in the goodness of pineapple, watermelon, carrots and ginger. Beat the heat with this recipe and also the nutrients of this recipe is also going to keep you healthy!



Ingredients:

- 1/4 pineapple
- 1/4 watermelon with rind
- 2 carrots
- 2 celery stalks
- 2 inches (5 cm) slice of ginger

Directions:

1. Wash produce well.
2. Peel pineapple, cutting flesh into thick slices, discard rind.
3. Add all ingredients through a juicer and enjoy.

Substitutions:

- Pineapple: papaya, mango
- Watermelon: cantaloupe, rock melon, honeydew melon
- Carrots: butternut squash, sweet potato
- Celery: cucumber, zucchini
- Ginger: turmeric, lemon, lime

Bitter Melon Juice:

Bitter melon is highly nutritious and aids in weight loss. Combining it pineapple gives it a wonderful taste.

**Ingredients:**

- 1/2 – 1 small bitter melon
- 1/4 pineapple
- 1 pear
- 2 celery sticks
- 1 lemon

Directions:

1. Wash all produce well.
2. Remove the skin of the pineapple.
3. Cut the bitter melon in half long ways, scoop out the seeds and white flesh with a spoon and juice the outer green of the bitter melon.

4. Put all produce through a juicer and enjoy!

Substitutions:

- Bitter melon – cucumber, grapefruit, winter melon
- Pineapple – apple, green melon
- Pear – apple, orange
- Celery – cucumber, zucchini, chard (silverbeet)
- Lemon – grapefruit, lime

Nutrition per serving: Varies according to size of equipment and amount of ingredients

Apple Cinnamon Smoothie:

It is full of antioxidants fiber and electrolytes. The protein in the almond milk and almond butter makes it a very potent drink.



Ingredients:

- ½ cup (70 g) acorn squash, cooked
- 1 tsp. cinnamon
- 1 tsp. ground ginger
- 1 small red apple
- 1 tbsp. honey
- ½ cup (90 g) oats
- 1 1/2 cups (375 ml) unsweetened almond milk
- 1 tbsp. almond butter
- 1 handful of ice

Directions:

1. Roast squash in oven at 400 F (200 C) for about 30 minutes. Wash, and then slice in half, removing seeds. Place about a ¼ inch of water in a baking dish and add squash halves, skin-side up and flesh-side down. After baking, let cool, then scoop out and measure for a smoothie. Save any remaining squash for making soup, waffles, etc.
2. Wash apple, then chop, leaving the skin on, discarding core.

3. Add almond milk, squash, cinnamon, ginger, oats, chopped apple, honey, almond butter, and protein powder if you'd like.
4. Add ice or use frozen apples
5. Blend on high for 45 – 60 seconds until smooth.
6. Garnish with chopped almonds (optional) and enjoy!

Substitutions:

- Honey – maple syrup, molasses, dates
- Apple – pear
- Acorn Squash – Butternut squash
- Oats – ground flax seed, chia seeds
- Almond butter – cashew or other nut butter

Cherry Smoothie:

This is a potent drink to stop inflammation and reduce muscle pain after workouts. This is an awesome smoothie to help patients with arthritis.



Ingredients:

- 12 cherries (fresh or frozen)
- 1/4 pineapple
- 1/4 beet (beetroot)
- 1 cup (250 ml) coconut water
- 1 handful of ice
- 1 tbsp. chia seeds
- 1 tsp. coconut oil (optional)
- 1/4 cup (60 ml) Kombucha (optional)

Directions:

1. Wash all produce well.
2. Remove seeds from cherries by slicing them in half and removing the seed.
3. Peel the beet and remove the outer skin from pineapple.
4. Add all ingredients into the blender and blend on high for 45 – 60 seconds until smooth.

Substitutions:

- Cherries – raspberries, blueberries, strawberries

- Pineapple – apple, pear
- Beet – carrot, raspberries
- Chia seeds – flax seeds
- Coconut water – almond milk, coconut milk, hazelnut milk, rice milk, hemp milk

Chia Seeds Smoothie:

This drink is [full of antioxidants](#) and flavor of the smoothie gives it an interesting twist.



Ingredients:

- 1 1/2 cups (375 ml) unsweetened almond milk
- 1/2 cup (50 g) frozen blueberries
- 4 tbsp. goji berries
- 1 tbsp. almond butter
- 1 tsp. chia seeds
- 1 tbsp. cacao nibs
- 1 tbsp. cacao powder
- 1/2 cup (115 g) spinach
- 1 tsp. vanilla
- 1 tbsp. maple syrup (optional)

Directions:

1. Wash spinach.
2. Add almond milk then vanilla, frozen berries, goji berries, almond butter, chia seeds, cacao nibs, cacao powder and spinach to blender.
3. Blend on high for 45 – 60 seconds until smooth.
4. Garnish with berries, chia or chopped almonds as desired (optional).

Substitutions:

- Goji berries – dried cranberries, dates
- Blueberries – strawberries, blackberries
- Almond butter – peanut butter, cashew butter, sunflower seed butter
- Cacao nibs – dark chocolate chips
- Spinach – kale, romaine
- Chia seeds – hemp seeds, ground flax seeds

- Maple Syrup – honey, dates, banana, apple

Celery Juice:

Celery root is a good source of calcium, magnesium, and potassium. It is full of [anti-inflammatory properties](#) which keep our immunity in check.



Ingredients:

- 2 celery roots (celeriac)
- 1 inch (2.5 cm) piece of ginger
- 1 pear
- 6 leaves romaine
- 2 sprigs rosemary

Directions:

1. Wash all produce well.
2. Juice rosemary with the stem on, wrapping around celery root or pear to get most yields.
3. Juice all ingredients.
4. Enjoy!

Substitutions:

- Celery root – fennel, celery
- Ginger – lemon, lime, turmeric
- Pear – granny smith apple
- Romaine – spinach, kale, lettuce
- Rosemary – sage, basil

Orange Smoothie:

This smoothie is full of vitamin, potassium, calcium and fiber. Ginger aids in digestion and is great for the body.



Ingredients:

- 2 oranges
- 1 tsp. honey
- 1 cup (250 ml) coconut milk
- 1 large handful of ice
- 1 tsp. chia seeds
- 1 tsp. fresh ginger
- ½ tsp. cinnamon
- 1 tsp. natural vanilla extract
- pinch of cardamom (optional)
- pinch of ground clove powder (optional)
- pinch of nutmeg (optional)

Directions:

1. Peel oranges then chop into 4 quarters and remove seeds.
2. Add all ingredients into the blender and blend on high for 45 – 60 seconds until smooth.

Substitutions:

- Oranges – apple, mandarin, tangelo
- Honey – stevia, maple syrup
- Chia seeds – flax seeds, hemp seeds
- Coconut milk – almond milk, coconut water, hazelnut milk, rice milk, hemp milk

Spinach Coconut Smoothie:

Hemp is a good source of Omega-6 Fatty acids. Full of nutrients this smoothie can be had in afternoons and mornings.



Ingredients:

- 1 cup (250 ml) unsweetened coconut water
- 1/2 cup (15 g) spinach
- 1 small pear
- 1/2 avocado
- 1/2 cucumber
- pinch of sea salt
- 1 tsp. maple syrup
- 4 tbsp. fresh mint leaves
- 2 tbsp. cacao nibs
- 3 – 5 ice cubes

Directions:

1. Wash lettuce, mint, pear, avocado and cucumber.
2. Add coconut water and ice to the blender.
3. Slice avocado in half and scoop out flesh from one-half into a blender. Save another half with a pit in the fridge for another recipe or salad.
4. Add maple syrup, cacao nibs, cucumber, mint, spinach, pear, ice and salt to blender.
5. Liquefy, adding more ice to make thicker or coconut water to thin as desired to reach optimal texture.
6. Pour and enjoy!
7. Garnish with mint leaves and cacao nibs if you'd like.

Substitutions:

- Romaine –spinach, green leaf or other lettuce
- Maple Syrup – molasses, honey
- Cacao Nibs – cacao powder, dark chocolate chips
- Cucumber – celery
- Coconut water – maple water, almond milk
- Avocado – banana
- Mint – basil
- Hemp seeds – chia seeds

Juices are nutritious, but cannot be a substitute for your main meals. If you can keep the pulp of the vegetables and fruits it can add a good amount of fiber, which is very necessary to [keep your gut](#)

[healthy](#). Juicing is a fun way of adding variety and spice to your diet. Keep your imaginative hat on and try these wonderful concoctions of juices and smoothies.

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