

Healthy Smoothie Recipes for Breakfast



Everyone is looking for new healthy recipes, especially quick—fix recipes. Here are 12 amazing summer smoothies to help you refresh, charge up and feel your best this summer. These detox smoothie recipes include a mix of fresh summer fruits, spices and vegetables that will help you flush out toxins from your body.

These smoothies are easy to make and a delicious way to detox your body.

Energiser Smoothie

Ingredients:



1 guava



2 tsp lemon juice



1 tsp chia seeds (soaked)



Artificial sweetener (optional)



Method:

Blend all the ingredients in the blender until you get the desired consistency

Add few ice cubes to chill it.

Serving Size: 1 person

Cleanser Smoothie

Ingredients:



1 medium—size apple



1/2 beetroot



1 cup carrot cubes



1—inch ginger piece



2 tsp lemon juice



Method:

Blend all the ingredients in the blender until you get the desired consistency

Add few ice cubes to chill it.

Serving Size: 1 person

Cocoa–Berry Chia Smoothie

Ingredients:



2 large strawberries



1 tsp cocoa powder
(unsweetened)



1 tsp chia seeds
(soaked for 10 minutes)



1 cup skimmed milk



Sweetener (optional)



Method:

Add all the ingredients, except soaked chia seeds, in a blender and blend it until smooth

First add a few ice cubes, then soaked chia seeds. Enjoy this cooling, filling, nutritious breakfast

Serving Size: 1 person

Fruit and Basil Smoothie

Ingredients:



2 medium strawberries OR



1/2 medium apple OR



1/2 pomegranate



6 fresh basil leaves



1 tsp chia seeds
(soaked for 10 minutes)



1/2 cup coconut water



Sweetener (optional)



Method:

Add 30ml water to the blender, followed by the remaining ingredients. Blend until the smoothie is creamy. Serve it cold.

Serving Size: 1 person

Apple Cinnamon Smoothie

Ingredients:



1 cup coconut water



4 raw almonds



1 cup chopped apple



1 tsp flaxseeds (roasted)



1 tsp cinnamon powder



Sweetener (optional)



Method:

Add all the ingredients, except soaked chia seeds, in a blender and blend it until smooth

First add a few ice cubes, then soaked chia seeds. Enjoy this cooling, filling, nutritious breakfast

Serving Size: 1 person

Milk and Apple Smoothie

Ingredients:



1 cup skimmed milk



1 cup chopped apple



1 tsp flaxseeds powder



1 tsp cinnamon powder



Sweetener (optional)



Method:

Combine all ingredients in a blender. Pulse for approximately 10–15 seconds.

If you're going to drink it immediately, add three ice cubes to chill and drink.

Serving Size: 1 person

Wow Smoothie

Ingredients:



1 sweet lime



1 cup coconut water (chilled)



1 tsp chia seeds (soaked)



Artificial sweetener (optional)



Method:

Puree everything in a blender until smooth.

Enjoy chilled.

Serving Size: 1 person

Apple Cucumber Smoothie

Ingredients:



A handful of mint leaves



1/2 cucumber (peeled)



1/2 lemon



2 apples



Artificial sweetener (optional)



Method:

Combine all the ingredients. Blend them in a blender until the desired consistency.

Add few ice cubes to chill it.

Serving Size: 1 person

Green Tea and Apple Smoothie

Ingredients:



1 lemon



1 apple



1 cup green tea (chilled)



1 tsp chia seeds
(soaked for 10 min)



Artificial sweetener (optional)



Method:

Combine all the ingredients and blend them in a blender until the desired consistency

Add few ice cubes to chill it

Serving Size: 1 person

Carrot and Black Grape Juice

Ingredients:



2 cups carrot cubes



5 black grapes



Lemon juice



Ice cubes



Method:

Combine carrot cubes and black grapes. Blend it in a blender.

Add lemon juice to it & mix it well.

Add some ice cubes to chill it. Serve immediately.

Serving Size: 1 person

Chocolate Milk Smoothie

Ingredients:



1 cup skimmed milk



1 tsp chia seeds (soaked)



1 tbsp cocoa powder
(unsweetened)



3 drops vanilla essence



Artificial sweetener (optional)



Method:

Soak the chia seeds in water for 10 min. The seeds will become a gel, then you can store it in the fridge for a week

Add all ingredients to the blender and blend till smooth.

Serving Size: 1 person

Ginger Spice Smoothie

Ingredients:



1 nub ginger root



1 tsp cinnamon



1 cup mint leaves



1 cup coconut water



Sweetener (optional)



Method:

Combine carrot cubes and black grapes. Blend it in a blender.

Add lemon juice to it & mix it well.

Add some ice cubes to chill it. Serve immediately.

Serving Size: 1 person

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