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Lean **Body** **Smoothies**



Enjoy Delicious Slimming Smoothie Recipes
Without Gaining an Inch of Belly Fat

Sylvia Favela



15 Lean Body Smoothies

Smoothies are my favorite! I'd rather throw everything inside a blender and have it as meal just because it's fast and super easy to do.

Although smoothies should not always be a meal replacement but in the event when you're in a time crunch, they are the best Go-To.

However, having the right smoothie recipe with all the proper nutrients and wholesome foods that will keep your energy up is the best go to.

By blending a variety of fruits, vegetables and extra goodness into your smoothies your taste buds will enjoy every minute of it. Plus the smoothie recipes below have been created to help trim your waistline and keep you feeling and looking your best!

4 Tips for Easy Blending

#1: Cut Into Slices

You'll find quite a few recipes that require bananas. Buy fresh bananas, peel each one and slice them into 1 inch slices, put each sliced banana in it's own sandwich bag. Place inside freezer.

This will make it super easy when it comes to blending your bananas. Plus it'll blend up smoother when they are sliced.

#2: Frozen first

When add ingredients to the blender, start with the ice or frozen fruit first then layer the rest on top. This will help with blending thoroughly. If you add other ingredients first it may get stuck at the bottom and not properly blend.

#3: Blender

If you have a magic bullet or any of those types of blenders, they are great to use. If not a traditional blender will work just as good.

#4: Prep your Smoothie

To help you stay organized for a busy day. Prepare which smoothie you will be making the following morning. I like to put the dry ingredients in a shaker cup so it's ready to add into the blender for my early morning wake up.

That way the only thing to add is the frozen fruit, almond milk and ice.

Below you will find my top 15 Lean Body Smoothies! These are my favorites and staple recipes at home.

Each with fat burning and lean body ingredients to help you stay healthy fit and sexy!

Enjoy!
Sylvia Favela =)

PS – Don't forget to visit www.BodyweightPilates.com for tons more resources and recipes.

Disclaimer:

The information contained in this book is for educational purposes only. This content is meant to supplement, not replace. Always consult your physician prior to starting a new nutrition plan.

Lean Body Green Smoothie

Prep: 5 minutes Makes: 2 servings



Ingredients:

- 2-3 bananas
- 1 cup unsweetened coconut milk
- Spoonful of raw almond butter
- 1 scoop of vanilla protein powder
- 2-3 large Kale leaves
- 4-5 ice cubes
- 1 scoop raw cacao powder
- Sprinkle of Spirulina
- Handful of wheat grass (just cut, rinse it and throw in)
- 1-2 cups spinach leaves

Instructions:

1. Add ice cubes, unsweetened coconut milk, bananas, and almond butter first.
2. Add remaining ingredients into blender.
3. Blend on high speed.

Coconut Slimming Smoothie

Prep: 5 minutes Makes: 2 servings



Ingredients:

- 8 ounces of coconut milk
- 2 Whole eggs
- 1 Tablespoon extra virgin coconut oil
- 1 frozen banana
- 1 scoop vanilla protein powder

Instructions:

1. Put all ingredients into a blender, blend in high speed.
2. Enjoy!

Sleep Slim Smoothie

Prep: 5 minutes Makes: 2 servings



Ingredients:

- 1 cup cherry juice – the tarter the better
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1/4 teaspoon vanilla extract
- 4 or 5 ice cubes

Instructions:

1. Put all ingredients into a blender, blend in high speed.
2. Enjoy!

Strawberry Greens Yogurt Smoothie

Prep: 5 minutes **Makes:** 2 servings



Ingredients:

- 1 medium sized banana (frozen)
- ¾ cup frozen strawberries
- Small handful raw spinach
- 1/3 cup plain Greek yogurt
- Dash of cinnamon

Instructions:

1. Add all ingredients together and blend.

Skin Firming Cucumber Smoothie

Prep: 5 minutes Makes: 2 servings



Ingredients:

- 2 small cucumbers (preferably seedless)
- 6 ounces Greek yogurt
- 2 teaspoons honey or agave nectar for sweetening
- 3 mint leaves
- Juice from ½ of a lime
- 3 ice cubes
- Small pinch of black pepper

Instructions:

1. Add all ingredients together and blend.

Apple Protein Smoothie

Prep: 5 minutes Makes: 2 servings



Ingredients:

- 1 small apple
- 12 ounces unsweetened almond milk
- 1 scoop vanilla protein powder
- Dash of cinnamon and nutmeg (suit your taste)
- 4 or 5 ice cubes

Instructions:

1. Cut apple in half remove seeds and stem. Continue to cut in squares for easier blending.
2. Add all the ingredients into blender, blend until desired smoothness.

Tropical Lean Smoothie

Prep: 5 minutes Makes: 2 servings



Ingredients:

- 6 ounces plain fat free Greek yogurt
- 3/4 cup coconut milk
- 1 frozen banana
- 1 cup fresh spinach
- 3/4 cup frozen pineapple cubes
- 2 Tablespoons shredded coconut

Instructions:

1. Add all ingredients into a blender.
2. Blend until desired smoothness

Green Detox Smoothie

Prep: 10 minutes Makes: 2 servings



Ingredients:

- 1 stalk kale, stem removed
- 1 Cup fresh baby spinach
- ½ lemon, seeds removed, skin on
- ½ inch piece of peeled ginger
- ½ cup water
- 3 inch piece of peeled cucumber
- ¼ cup fresh parsley
- 1 pear, peeled and chopped

Instructions:

1. Combine all ingredients in a blender and blend until smooth.

Blueberry Almond Protein Smoothie

Prep: 5 minutes Makes: 2 servings



Ingredients:

- 1 banana, peeled
- 1 cup frozen blueberries
- ½ cup almond butter
- ½ cup plain Greek Yogurt
- ¾ cup unsweetened almond milk
- 3 dates, pitted and quartered
- 1 cup ice, or as needed.

Instructions:

1. Combine all ingredients in a blender.
2. Puree on high speed until smooth. Add a few ice cubes and blend until it reaches your desired consistency

Spicy Pineapple Detox Smoothie

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Prep: 10 minutes Makes: 2 servings



Ingredients:

- 1 Cup water
- 1 Frozen banana
- 1 Cup pineapple chunks
- 1 Tablespoon fresh ginger
- 1 teaspoon maca powder (optional)
- 2 Tablespoons lemon juice
- 1-2 dashes cayenne pepper
- 1 Tablespoon flaxseed (optional)

Instructions:

1. Put frozen banana and frozen pineapple chunks into blender first (you can use fresh banana or pineapple, but the texture won't be quite as creamy as if frozen)
2. Put everything else into blender and turn it on. Start with 1 cup of water and add a little more if the smoothie is too thick.

Frozen Cherry Delight

Prep: 10 minutes Makes: 2 servings



Ingredients:

- 2 Tablespoons plain fat free Greek yogurt
- ¾ cup almond milk
- ½ cup frozen dark cherries
- 1 cup fresh spinach
- 1 scoop vanilla protein powder
- 1 teaspoon almond butter

Instructions:

1. Add almond milk, Greek Yogurt to blender first.
2. Add protein powder, almond butter, fresh spinach and cherries
3. Blend on high, can add a little water depending on the consistency you like.

Chocolate Lovers Slim Smoothie

Prep: 10 minutes **Makes:** 2 servings



Ingredients:

- 2 Frozen bananas
- ½ cup unsweetened coconut milk
- 1/8 cup raw cacao powder
- 2 Tablespoons raw honey
- 2 Cups ice
- 2 Tablespoons raw almond butter
- Dash of sea salt
- Dash of fresh ground cinnamon

Instructions:

1. Add unsweetened coconut milk, bananas, and almond butter into the blender first.
2. Add remaining ingredients into blender.
3. Blend everything together in high speed.

Lean Wild Berry Smoothie

Prep: 10 minutes Makes: 2 servings



Ingredients:

- 1 frozen banana
- 2 Tablespoons raw almond butter
- 1 cup ice
- ½ cup frozen blueberries
- 1 scoop vanilla protein powder
- 1 Tablespoon raw honey
- 1 teaspoon freshly ground cinnamon

Instructions:

1. Add the ingredients together in a blender, blend at high speed.

Mango Lean Smoothie

Prep: 5 minutes **Makes:** 2 servings



Ingredients:

- ½ cup frozen mango slices
- 1 cup fresh baby spinach
- 1 cup unsweetened vanilla almond milk
- 2 Tablespoon Greek Yogurt
- 1 Tablespoon chia seed powder
- 1 Tablespoon almond butter

Instructions:

1. Add frozen mango slices, almond milk, and Greek yogurt first inside the blender.
2. Add chia seed powder, spinach and almond butter into blender.
3. Blend together in high speed.

Simple Green Smoothie

Prep: 5 minutes Makes: 2 servings



Ingredients:

- 1 frozen banana
- ½ cup unsweetened almond milk
- 1 Tablespoon almond butter
- 1 cup fresh baby spinach leaves
- 2 large kale leaves (remove stems)
- 4-5 ice cubes

Instructions:

1. Add ice, banana, and almond milk in blender first.
2. Add almond butter, spinach and kales leaves
3. Blend all the ingredients together, add a little water if needed.