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Ingredients 2 cups frozen fruit (any kind) 1 cup liquid (almond milk, orange juice, water, etc.)

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Healthy smoothie recipes can contribute to your weight-loss plans, but only if you're choosing low-fat, low-calorie, low-sugar ingredients. Use portion control. Smoothies can contain more vegetables or fruit than you would eat raw and that means you are taking in more calories, carbohydrates and sugar than you think. Keep your smoothie at ...

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Their Original High Protein Pineapple Smoothie is a much better option, as it provides only 4 grams of added sugar in the same serving size (7). Many sugary ingredients are easy to identify, such...

~~Are Smoothies Good for You?~~

Ingredients 1/2 – 1 cup of strawberries (I prefer frozen but fresh work) 1 frozen banana 1/2 cup of yogurt (any kind will work well!) 1/2 cup liquid of choice (I love almond milk in this!) 2 – 3 tablespoons peanut butter (other nut or seed butters will also work here!)

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The main ingredients in our healthy breakfast smoothie are kale, mango, pineapple, dates, chia seeds and ginger. Kale has enjoyed such a renaissance in recent years. Once used almost strictly as decoration at salad bars or deli trays, kale is "super food" and a part of many healthy lifestyle diets.

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