

The background image shows two glasses of smoothies on a wooden table. The glass in the foreground is filled with a red smoothie and has a slice of watermelon on the rim. The glass behind it is filled with a yellow smoothie. Two black straws are in the glasses. The background is a blurred indoor setting with a bookshelf and some furniture.

# SMOOTHIE RECIPES THAT WILL HELP YOU FLATTEN YOUR STOMACH





The best way to achieve a flat stomach is through a healthy well-balanced diet and exercise. You can speed up that process by trying to consume foods that are known to support weight loss and relieve bloating naturally. To make it easier for you, we've compiled a list of 5 super easy smoothie recipes that will help you incorporate weight loss and anti-bloating foods in your diet, so you can get that flat belly faster.





# Raspberry-Banana

- **Benefits:** The potassium rich bananas help you relieve water retention and bloating in the body. Raspberries contain flavonoids that help you lose weight naturally.
- **Nutrients:** High in vitamins C, B6 and K.
- **How to Prepare:** Blend 1 banana, 1 cup raspberries, 1/2 cup almond milk, 1 tablespoon lime juice, 1/4 teaspoon cinnamon and 1 cup ice. Blend until smooth.



# Watermelon

- **Benefits:** Half a watermelon contains almost twice as much potassium as bananas do. Potassium helps for the removal of excess fluids around the body and can relieve bloating.
- **Nutrients:** Good source of vitamin C and potassium.
- **How to Prepare:** Freeze 3 cups cubed seeded watermelon until hard. Place the watermelon, the juice of 1 lime and 1 cup water in blender. Blend until smooth. Add honey for sweetness if needed.



A background image featuring a whole pineapple on the left, a glass of pineapple smoothie with a mint leaf garnish in the center, and another glass of smoothie with a mint leaf garnish on the right. The smoothies are a pale yellow color. The background is a dark, textured surface.

# Pineapple

- **Benefits:** Pineapple contains a digestive enzyme that helps ease bloating and relaxe your stomach.
- **Nutrients:** Very high vitamin C content.
- **How to Prepare:** Place 1 cup fresh pineapple chunks, 1 cup plain yogurt and 1 cup ice in blender. Blend until smooth. Add honey for sweetness if needed.



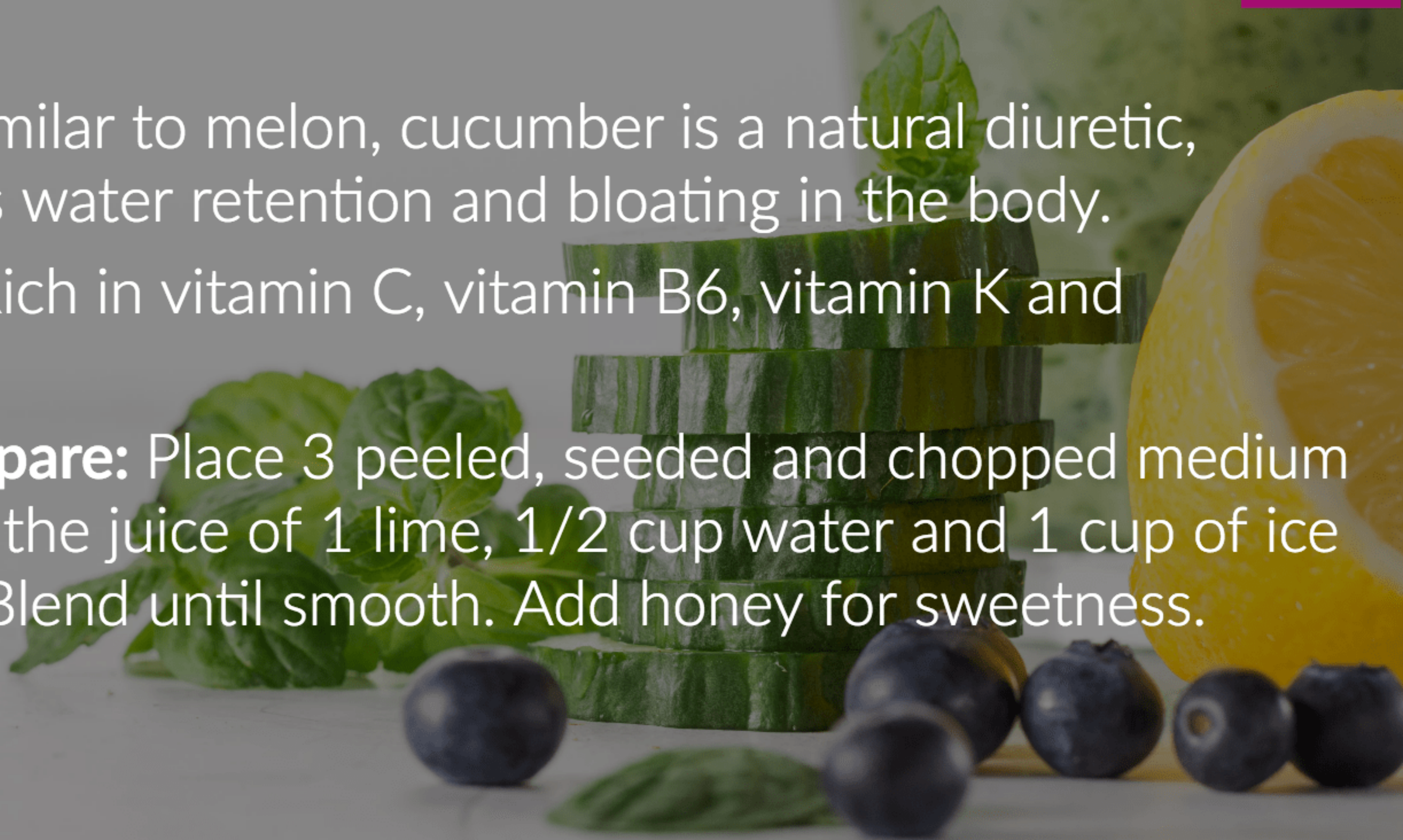
# Blueberry Yogurt

- **Benefits:** Blueberries are rich in flavonoids - naturally occurring compounds in fruits and veggies that have been associated with weight loss.
- **Nutrients:** Rich in vitamin C and vitamin K.
- **How to Prepare:** Place 1 cup plain yogurt, 1 cup blueberries and 1 1/2 cups ice in blender . Blend until smooth. Taste for sweetness and add honey if needed.



# Cucumber

- **Benefits:** Similar to melon, cucumber is a natural diuretic, which eases water retention and bloating in the body.
- **Nutrition:** Rich in vitamin C, vitamin B6, vitamin K and potassium.
- **How to Prepare:** Place 3 peeled, seeded and chopped medium cucumbers, the juice of 1 lime, 1/2 cup water and 1 cup of ice in blender. Blend until smooth. Add honey for sweetness.







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