



21 Flat Belly

Smoothie

Recipes

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Anthony Alayon Presents

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21 Flat Belly Smoothie Recipes

21 High Protein Flat Belly Smoothie Recipes

Looking for great smoothies to help you burn fat and boost your energy? These super simple weight loss smoothies will help you slim down, and get a flatter belly without feeling deprived and hungry.

Green smoothies are great for adding more vegetables to your diet and burning calories throughout the day. Green smoothies taste good and will keep you more full than fruit and vegetable juices as they retain the fiber content of the greens and fruits.

These 21 smoothie recipes will satisfy any sweet craving as they balance out the proportion of fruit and veggies to make a perfect blend of healthy and delicious! Just pick a smoothie and blend away!

21 Flat Belly Smoothie Recipes

1. Protein Green Smoothie

Ingredients:

- ¼ cup organic Greek yogurt
- ½ cup almond milk
- 1/8 teaspoon spirulina
- ¼ cup cucumber
- ½ cup spinach
- 1 cup parsley
- ¼ cup fresh or frozen peaches
- ½ banana
- 2 teaspoons hemp seeds
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

2. Coconut Protein Green Smoothie

Ingredients:

- ½ cup coconut milk
- ½ cup coconut yogurt
- 2 teaspoons hemp seeds
- 1 teaspoon chia seeds
- 1 cup spinach
- 1 cup raw kale
- 1 green apple
- 1 teaspoon raw honey
- 1 teaspoon bee pollen
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

3. Coconut Blueberry Protein Smoothie

Ingredients:

- ½ cup Greek yogurt
- ½ cup coconut water
- ¼ cup blueberries
- ¼ cup fresh or frozen coconut
- 1 teaspoon bee pollen
- 1 teaspoon honey
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

4. Strawberry Flax Smoothie

Ingredients:

- ¼ cup coconut milk
- ¼ cup Greek yogurt
- ½ cup spinach
- 1 cup frozen strawberries
- ½ cup fresh pineapple
- 1 tablespoon ground flax seeds
- 1 teaspoon honey
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

5. Almond Berry Smoothie

Ingredients:

- ½ cup coconut water
- ¼ cup Greek yogurt
- 2 tablespoons almond butter
- ¼ cup blueberries
- ¼ cup raspberries
- ½ cup spinach
- ½ banana
- 1 tablespoon ground flax seeds
- 1 tablespoon hemp seeds
- 1 tablespoon chia seeds
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

6. Oat Berry Protein Smoothie

Ingredients:

- ½ cup almond milk
- ½ cup Greek yogurt
- 2 tablespoons oats
- ¼ cup berries
- ½ cup spinach
- ½ banana
- 1 tablespoon ground flax seeds
- 1 tablespoon hemp seeds
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

7. Pumpkin Seed Oat Smoothie

Ingredients:

- ½ cup almond milk
- ¼ cup Greek yogurt
- 2 tablespoons oats
- ¼ cup raspberries
- 2 tablespoons pumpkin seeds
- 1 tablespoon ground flax seeds
- 1 tablespoon hemp seeds
- 1 tablespoon chia seeds
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

8. High Protein Fig Smoothie

Ingredients:

- ½ cup coconut water
- ½ cup Greek yogurt
- 2 fresh figs
- ½ cup fresh or frozen strawberries
- ½ banana
- 1 teaspoon ground flax seeds
- 1 teaspoon honey
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

9. Pineapple Ginger Smoothie

Ingredients:

- ½ cup almond milk
- ¼ cup Greek yogurt
- ½ cup raw kale
- 1 cup fresh or frozen pineapple
- 1 teaspoon honey or agave nectar
- ½ teaspoon of fresh ginger, grated
- 1 tablespoon lemon juice
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

10. Mango Ginger Smoothie

Ingredients:

- ½ cup coconut milk
- ¼ cup Greek yogurt
- ½ cup raw kale
- ½ cup mango
- ½ orange
- 1 teaspoon agave nectar
- ½ teaspoon of fresh ginger, grated
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

11. Blueberry Bee Pollen Smoothie

Ingredients:

- ½ cup almond milk
- ¼ Greek yogurt
- ½ teaspoon bee pollen
- ½ banana
- ½ cup frozen blueberries
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

12. Green Protein Smoothie

Ingredients:

- ½ cup coconut water
- ¼ cup Greek yogurt
- ½ cup raw kale
- 1 cucumber
- 1 cup fresh or frozen green grapes
- 1 banana
- 1 teaspoon ground flaxseeds
- ¼ teaspoon spirulina
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

13. Berry Blast Smoothie

Ingredients:

- ½ cup almond milk
- ¼ cup Greek yogurt
- ½ teaspoon bee pollen
- ½ banana
- ½ cup frozen berries
- 1 cup fresh pineapple
- 1 teaspoon ground flaxseeds
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

14. Berry Chia Smoothie

Ingredients:

- ½ cup coconut water
- ¼ cup Greek yogurt
- ½ cup frozen berries
- ½ cucumber
- 1 tablespoon ground chia seeds
- 1 teaspoon honey
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

15. Chia Green Smoothie

Ingredients:

- ½ cup coconut water
- ¼ cup Greek yogurt
- ½ cup parsley
- 1 cup kale leaves
- ½ cucumber
- ¼ cup pineapple
- 1 tablespoon chia seeds
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

16. Avocado Protein Smoothie

Ingredients:

- ½ cup coconut water
- ¼ cup Greek yogurt
- ½ cup raw kale
- ½ cup kiwi
- 1/2 avocado
- 2 tablespoons hemp seeds
- 1 teaspoon honey or agave
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

17. Kefir Protein Berry Smoothie

Ingredients:

- 1 cup plain kefir
- ½ cup mixed fresh or frozen berries
- 1 apple
- ½ banana
- 2 tablespoons hemp seeds
- 1 teaspoon chia seeds
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

18. Kefir Protein Green Smoothie

Ingredients:

- 1 cup plain kefir
- ½ cup kale
- ½ teaspoon spirulina
- 1 orange
- 2 tablespoons hemp seeds
- 1 teaspoon chia seeds
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

19. Kefir Super Protein Smoothie

Ingredients:

- 1 cup plain kefir
- ¼ Greek yogurt
- ½ cup fresh or frozen mango
- ½ cucumber
- ½ green apple
- 1 tablespoon oats
- 2 tablespoons hemp seeds
- 1 teaspoon chia seeds
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

20. Peanut Butter Berry Smoothie

Ingredients:

- ½ cup plain Greek yogurt
- ½ cup coconut water
- 1 ½ tablespoon peanut butter
- ½ cup mixed fresh or frozen berries
- ½ banana
- 1 tablespoon honey
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

21. Green Almond Smoothie

Ingredients:

- ½ cup plain Greek yogurt
- ½ cup almond milk
- 1 ½ tablespoon almond butter
- 1 tablespoon oats
- ½ cup kale
- ¼ cup parsley
- ½ banana
- 1 tablespoon honey
- ½ cup ice

Directions:

Combine all ingredients in a blender. Blend until smooth.



21 Flat Belly Smoothie Recipes

You should be getting a certain amount of protein and fiber daily to maximize your fat-burning potential. These meal-replacement smoothies have a generous serving of both protein and fiber and will help you lose weight fast!

These 21 recipes, packed with belly-filling flavor, are guaranteed to keep you satisfied and keep cravings in check. Start incorporating green smoothies in your diet to get into the habit of eating more greens on a regular basis.