

Fat Burning Smoothie

Nutrient-packed green smoothie with spinach, avocado, and grapefruit. Low-calorie metabolism booster ready in 5 minutes. Vegan and keto-friendly!

5 min

PREP

5 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup spinach
- 2 tbsp mint
- 1 celery stick
- 1 cup green tea
- 1 grapefruit
- 1 cup pineapple
- 1/4 avocado
- 1 pinch chili powder

Instructions

- 1 Prepare the liquid base**

Add 1 cup of cooled green tea to your blender.
- 2** Add 1 cup of baby spinach and 2 tablespoons of fresh mint leaves to the blender with the green tea.
- 3** Add 1 celery stalk (chopped if very large) to the blender.
- 4** Blend on high speed for 30-45 seconds until the greens are completely broken down and the mixture is smooth with no visible leaf pieces.
- 5 Add the fruits**

Add 1 grapefruit (peeled and segmented) and 1 cup of frozen pineapple chunks to the blender.
- 6** Add 1 ripe avocado (pitted and peeled) and 1 pinch of sea salt to the blender.

7 Final blend

Blend on high speed for 45-60 seconds until the mixture is completely smooth and creamy with no lumps.

8 Pour into a chilled glass and serve immediately while cold.

Tips

Add lemon or lime juice to prevent the avocado from browning and to help preserve the smoothie's vibrant green color when stored.

Use baby spinach instead of mature spinach to avoid bitterness and eliminate the need for stemming and chopping.

Freeze your pineapple chunks in advance to create a thick, creamy texture without diluting the flavor with ice cubes.

Remove the white pith from grapefruit sections to reduce bitterness, but save a small amount to boost fiber and vitamin C content.

Blend ingredients in stages - start with greens and liquid, then add remaining ingredients to ensure smooth consistency and avoid chunks.

Brew green tea ahead of time and let it cool, or use matcha powder for convenience and extra antioxidant benefits.

Follow the 60/40 rule when experimenting: use 60% fruits and 40% vegetables to maintain good flavor balance.

Pre-portion ingredients in freezer bags for quick morning smoothies - just add liquid and blend when ready to drink.