

Diyet Smoothie

Healthy green diet smoothie recipe with spinach, celery, and green tea. Perfect metabolism-boosting drink for weight loss. Ready in 5 minutes!

5	5	1	Easy
HAZIRLIK DK	TOPLAM DK	PORSIYON	ZORLUK

Diyet Smoothie

Malzemeler

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

Yapılışı

- Prepare the liquid base**
Add 1 cup cooled green tea to your blender.
- Add 1 cup fresh baby spinach leaves to the blender with the tea.
- Add 2 tablespoons fresh mint leaves to the blender.
- Add 1 cup chopped celery to the mixture.
- Add 14 ice cubes and 1 pinch of your preferred sweetener if desired.
- Blend and serve**
Blend on high speed for 60-90 seconds until completely smooth and the mixture is bright green with no visible pieces of vegetables. Pour into a glass and serve immediately while cold.

İpuçları

Use baby spinach instead of mature spinach for a milder flavor and smoother texture that won't overpower the other ingredients.

Brew green tea ahead of time and let it cool completely before using, or prepare ice cubes from green tea for convenience and extra flavor.

Add ingredients to the blender in order of hardness - start with liquids and soft greens, then add firmer ingredients like celery last.

If the smoothie is too thick, add liquid gradually - start with just 2 tablespoons at a time to avoid making it too thin.

For a creamier texture without dairy, add 1/4 of a ripe avocado - it won't change the green color but will create a luxurious mouthfeel.

Freeze fresh mint leaves in ice cube trays with water to always have mint ready for smoothies without waste.

Drink immediately after blending for the best taste and to prevent oxidation that can cause color changes and nutrient loss.

If you find the flavor too 'green', start with half the spinach amount and gradually increase it as your taste buds adjust to green smoothies.