HEALTHY TIPS

Drinks to Speed Up Your Metabolism & Help You Burn Fat

By bestfolkmedicine · 06/10/2018 · 2 min read



In order to be able to effectively lose weight without risking weight cycling or other health problem, you need to follow a healthy and adequate diet and you need to introduce regular exercising to your lifestyle. For a lot of people, this can be quite the challenging thing to do and therefore, a lot of them often have problem achieving their weight loss goals.

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This being said, and with the increase in obesity not just in the U.S., but elsewhere too, we decided to help you in your weight loss journey. Namely, we have prepared a list with the 7 best DIY beverages that will encourage the shedding of surplus pounds by improving your digestion and speeding up your metabolism. They are not just tasty and enjoyable; they make the ideal weight loss ally!

Best DIY Drinks to Boost Weight Loss

1. **Orange & Banana smoothie**

You will need:

A tbsp of coconut oil

A tsp of ginger

Half a cup of yogurt, low-fat

2 tbsp of linseed

2 tbsp of whey

One banana

One orange

Preparation: In a blender, blend all of the ingredients until you get a homogeneous mixture. Transfer it in a glass and consume it every morning right after waking up.

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2. **Apple smoothie**

You will need:

A tsp of honey, organic

A cup of water

An apple, green

Juice from one lemon

A grapefruit

Preparation: Blend all of the ingredients in a blender and then pour it into a glass. Drink it every morning before breakfast.

3. **Strawberry smoothie**

½ liter of milk, low-fat

A cup of yogurt, low-fat

¼ cup of flaxseed

Half a cup of oatmeal

A cup of strawberries

Preparation: In a blender, blend all of the ingredients for several minutes to get a homogeneous texture. Consume it prior to meals on the daily.

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4. **Chocolate smoothie**

Needed:

A tsp of honey, organic

¼ cup of Amaranth

Half a liter of milk

Half a cup of oats

Chocolate powder

Preparation: Blend the ingredients in a blender to get homogeneous content. Transfer it into a glass and enjoy it in the morning before eating breakfast.

5. **Fruit smoothie**

You will need:

½ glass of water

2 slices of pineapple

Juice from 2 grapefruits

One cup of raspberries

Preparation: Blend the ingredients and then put the mixture in the fridge and leave it for several hours. Consume it in the morning on a daily basis.

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6. **Spicy tea**

You will need:

A glass of warm water

A tbsp of honey

½ a lemon

A tsp of cinnamon

A tsp of cayenne pepper

Preparation: Add the ingredients in the warm water and mix everything together. Drink the tea in the morning for a boost in your metabolism and digestion.

7. **Mint tea**

You will need:

2 cups of water

15 mint leaves

Lemon juice

Lemon slices

A tsp of honey, optional

Preparation: Boil the water first and then add the mint leaves. Steep it for 5 minutes and add the honey. Pour it into mugs and sprinkle some lemon juice. Garnish with lemon slices.

Sources:

THE SPRUCE EATS

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