FRUITS & VEGGIES

Three Nutritious Banana Smoothies for Better Weight Loss

By bestfolkmedicine · 06/06/2022 · 2 min read



Bananas aren't just tasty and abundant in potassium-they're also great for fighting against inflammation and fluid retention.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

When combined with other foods that speed up the burning of fat like spinach and flaxseed in smoothies, you won't just get energized, but also contribute to a more efficient weight loss.

Bananas: A Healthy, Must-Eat Fruit for Everyone

A single banana supplies you with up to 450 mg of potassium. This mineral plays a major role in the removal of surplus fluids from the body.

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Moreover, bananas are abundant in natural sugars like sucrose, glucose, and fructose. They boost energy, prolong satiety, and prevent overeating.

Moreover, bananas have tryptophan-a protein building block.

Moreover, it also encourages serotonin release; this is a pivotal neurotransmitter in the nervous system. It's also a precursor to melatonin- a pivotal hormone in the sleep-wake cycle.

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There's a common belief that bananas contribute to weight gain; however, this isn't true.

A 3.5- serving of bananas has only around 100 calories. Though they're not the lowest in calories, they're satiating so you can eat one or two during snack time and prevent the need for snacking unhealthy ingredients in between meals.

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By regularly adding bananas to your diet, you supply your body with vitamins A, B, and C, as well as with minerals such as copper, iron, calcium, potassium, zinc, and magnesium.

Bananas will provide you with fiber and pectin-they're awesome for healthier intestines, better digestion, and reduced risk of intestinal ulcers and gastritis.

The Best Smoothies with Banana for Weight Loss

Banana & Flaxseed Smoothie

- ***Helps you feel sated***
- ***Prevents the retention of fluid***
- ***Boosts the digestion***

To make it, you need:

Juice from one orange

A banana, peeled

2 tbsps of buttermilk

2 tbsps of flaxseed

Prep:

Blend the ingredients to get a homogenous mixture. Drink it in the morning for optimal effects.

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Banana & Spinach Smoothie

- ***Energizes***
- ***Supplies you with vitamins and other nutrients***
- ***Relaxes and prolongs satiety***

You need:

A banana

A cup of spinach; rinsed and cleaned

½ cup of yogurt, low-calorie

cup of celery, chopped

A tbsp of honey

Prep:

Blend the ingredients and consume them for breakfast.

Banana & Berries Smoothie

- ***Supplies with nutrients for better health***
- ***Balances the appetite***
- ***Prevents overeating***

- ***Relieves fluid retention***
- ***Reduces risk of constipation***

You need:

A banana

A cup of blueberries, raspberries, or blackberries

½ cup of warm water

A tbsp of grated ginger

A tbsp of honey

Prep:

Blend the ingredients in a blender. Consume the smoothie in the morning.

Sources:

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SIMPLE CRAFT IDEA

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