3 Reasons to Drink Green Smoothies

For anyone who has never made a healthy drink, green smoothies can look very daunting. When people think of what goes into a smoothie they think fruit. It doesn't help that their appearance isn’t that appetizing. But the combination of spinach, kale, lettuce and collard greens with just the right amount of delicious fruits like apples, pears, mangoes and avocados can make this drink taste amazing and it has tons more benefits than just a fruit smoothie will.

Consider the many benefits your body can get from a green smoothie, its appearance might not matter as much. After all, your body deserves the healthiest and the best. It’s the only one you’ve got, so taking care of it is important.

Still hesitant to gulp a tall glass of green smoothie? The benefits below might convince you otherwise.

Aside From Health Benefits, Green Smoothies Are Convenient and Affordable

With all the fruits and vegetables that make up a single serving of green smoothie, it almost goes without saying how nutritious this drink is. However, more than being good for the body, a green smoothie is also a convenient meal.

How often have you woke up late and as a result didn't a lot of time to grab breakfast? With just a blender and your smoothie prepped the night before, you have a well-balanced meal you can drink during your commute.

Hit Your Daily Serving of Fruits and Vegetables in One Sitting

The daily recommended amount for fruits and vegetables is 7-10 portions daily. This might be difficult for you to do. Maybe you’re busy and just forget to snack on product throughout the day. Or maybe you’re someone that doesn’t care for fruits and vegetables, so you’re not going to get that much daily.

By blending them all up into a green smoothie you’ll help eliminate these challenges because you’ll get several of your servings in one day just from one smoothie.

1.Stay Full Longer and Lose Weight

Green smoothies have the ability to make you feel fuller for longer. That is because of the vitamins and minerals inside the leafy greens you put inside the drink.

Plus if you’re trying to lose weight, green smoothies can help you curb your appetite and cravings.

2. Boost Your Energy and Ward Off Diseases

Most fruits and vegetables that are likely to be included in a green smoothie offer energy-boosting nutrients. Bananas, oranges and spinach in a drink can provide you more energy than a cup of coffee and none of the empty calories.

Green smoothies can boost your immune system. During the cold months, it is a good idea to indulge in a glass or two in order to prevent getting sick.

3. Keep Your Digestive Track Clean and Healthy

You’ll find that drinking green smoothies will keep you regular. This is due to the fiber in all of the fruit and vegetables that go in the smoothie.

Being constipated is awful. It makes you feel slow, lethargic and unattractive. Usually constipation is a result of consuming too many meals that are hard to digest. Drinking green smoothies can help refresh your digestive track for easier and more comfortable bowel movements.

You can add whatever fruits and leafy greens that you want in your green smoothie. Add in some chia seeds and flaxseed for more benefits.