

Belly Fat Burning Juice Recipes



Apple-Pomegranate Juice

To begin with, pomegranate is rich in polyphenols, conjugated linolenic acid as well as antioxidants. Drinking pomegranate juice will help boost the metabolism by burning the access fat.

Apples are rich in carotenoids and polyphenols and help detoxify the body. Interestingly, both fruits help reduce or rather suppress your appetite. So, you can simply blend 2 apples and 1 cup of pomegranate seeds together with some water and strain the juice. Add this juice to your diet, it will not only help you shed belly fat but will also boost your nutrition intake.

Beetroot Juice

Among the various belly fat-burning juice recipes, beetroot juice contains a higher nutrient content. The consumption of beetroot juice will help in improving complexion, reducing blood pressure, as well as weight loss. Beetroot is high in iron and is great for those suffering from anemia. There are many beetroot juice benefits for the skin, hair as well as the entire body. To make this juice simply clean and chop 2 medium-sized beetroots. Add them in a blender with some water. Grind and strain. Drink on an empty stomach.

Watermelon Mint Juice

The next on our list is watermelon juice which is highly nutritious, refreshing, as well as sweet. Watermelon juice helps in reducing your belly fat as it contains low calories. As far as the nutrient content of watermelon juice is concerned, it provides micronutrients such as potassium, Vitamin C, Vitamin A, and antioxidants support the immune system. However, one should always note never to consume anything in excess and this includes watermelon juice as well. You can clean and chop 1 full cup of

watermelon pieces. Add in a blender with some mint leaves. Blend them using some water. You can strain or have it without straining for added benefits. This juice is a great addition during summers or humid weather.

Bitter Gourd or Karela Juice

Well, among the multiple belly fat-burning juice recipes, karela juice is considered to be one of the best. Although the thought of drinking bitter karela juice can be abhorring, you should consider its benefits. One of its star benefits is the ability to stabilize glucose levels and fight insulin resistance. This in turn helps fight the stubborn belly fat issues. Every hundred grams of bitter gourds or karela contains approximately around 17 calories. It also stimulates your liver to secrete the bile acid. This bile acid helps in metabolizing your fat. Take 1 karela clean and slightly scrape its outer surface, remove its seeds, chop, and keep aside. Now clean and chop 1 tomato and ½ piece of ginger. Add everything in a blender. Strain and drink it immediately. This juice is one of the best juices to fight belly fat as well as other metabolic diseases such as insulin resistance and diabetes.

Cucumber Celery Juice

Cucumber celery juice can be your savior if you are not able to consume the karela juice. Both celery and cucumber contain multiple nutrients that provide numerous health benefits. The water content in cucumber

is quite high along with fiber and this is the reason why you feel full just after the consumption of cucumber juice. Celery is loaded with vitamins and antioxidants including vitamin K which help decrease inflammation and improve insulin sensitivity. To make cucumber celery juice, simply clean and chop both cucumber and celery sticks. Add them to the blender with some water. Strain the juice and add some lemon juice before drinking.

Amla Juice

The next recipe that we have on our list is the Amla juice recipe. Amla not only accelerates your metabolism but also helps detoxify the body. It has extremely high amounts of Vitamin C. To make this juice, you need to grind 3 fresh Amlas with some water in your mixer. Strain, then, add a little bit of honey as per your taste. Make sure to consume Amla juice once every day for benefits such as reduced belly fat, and good hair, and skin. However, one has to always keep in mind to consume it on an empty stomach for better results.

Orange Juice

Moreover, orange juice is one of the simplest belly fat-burning juice recipes that you should add to your diet. Orange is rich in Vitamin C and has low calories. One would love the idea of consuming orange juice for weight reduction particularly because it is extremely easy to prepare the juice. All one needs to do is squeeze the orange for the fresh juice, now mix 1 tsp of

ginger juice into it and mix. You can also blend both orange slices along with some ginger to get this juice. Strain and then drink. Always note to avoid sugar in this juice. You can add ice to make it more refreshing.

Ginger, Carrot, and Kale Juice

Another in our list of belly fat burning juice recipes is the special juice recipe that contains the ingredients such as kale, carrot, and ginger. Both carrots and Kale have high amounts of Vitamin A. Studies show that Ginger aids weight loss by enhancing thermogenesis and reducing feelings of hunger. Clean and chopped 1 small piece of ginger, 2 carrots, and a handful of kale. Blend all these ingredients with some water. Strain and consume the juice early morning to boost your immunity as well as your metabolism. With a better metabolism, you have a higher chance of reducing your weight.

Green Apple Spinach Juice

The green juice contains ingredients such as green apples and spinach. Both of these ingredients are great sources of vitamins and fiber. One gets a great amount of energy with the mere consumption of this green juice. Baby spinach is loaded with magnesium, potassium, calcium, and iron. Apples have high amounts of polyphenols, flavonoids, and fiber. Interestingly, green juice helps not just in weight reduction but also in improving iron levels and fighting constipation. To make this juice simply blend a handful of

clean baby spinach with 1 chopped green apple and some water. Strain the juice and add some lemon for added benefits.

Neem Dudhi (Bottle gourd) Juice

Studies show that neem leaves are excellent in controlling metabolic disease. Bottle gourd or Dudhi is a powerhouse of nutrition and contains nutrients like Vitamin A, Vitamin K, Vitamin C, and B Vitamins. It also has potassium and iron. To make neem dudhi juice you need to peel and chop 1 cup of fresh dudhi. Now take 4-5 fresh neem leaves and combine both in a blender with some water. Blend it till smooth. Strain the juice and drink on an empty stomach.

These were among the top ten belly fat-burning juice recipes. These recipes are extremely easy to prepare as most of them are very effective if used consistently. However, always make sure that you consume the real homemade juice and not the juices available on the market that contain preservatives. To stay healthy and be in shape you need to add lean protein and fat-burning juices to your diet.

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