

## [WEIGHT LOSS SMOOTHIES RECIPES](#)



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The recipe calls for a dairy free yogurt alternative, which can easily be substituted with a dairy-based yogurt to amp up the calcium count. We re fans of Chobani Simply 100 Blueberry Greek Yogurt, so much so infact, that we named it one of our 25 Best Yogurts for Weight Loss. Get the recipe from Cupcakes and Kale Chips.

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Pumpkin Pie Shake This creamy, healthy smoothie relies on canned pumpkin, which adds fiber and tons of vitamins. 1 cup unsweetened vanilla almond milk

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