

7 Healthy Smoothie & Milkshake Recipes for Weight Loss

Rick Porter January 22, 2014



Healthy Smoothie Recipes

“7 Healthy Smoothie and Milkshake Recipes” Officially Released by HealthNutritionNews.org to help people start the new year off with delicious options.

([Newswire.net](#) -- January 22, 2014) Boston, MA -- Health Nutrition News has just released a new report with 7 healthy & delicious smoothie recipes. The website's nutritionists found that people often make smoothies or milkshakes as a healthy meal replacement. However, these “healthy” alternatives turn out to contain either more calories, more sugar, or both. So the experts from Health Nutrition News decided to create a report to not only introduce readers to healthy smoothie and milkshakes but also provide new recipes that are great tasting.

Developing a sound nutrition plan is one of the best ways to improve health and well-being. If dieters know the right foods to eat, as well as what foods to avoid, then creating a good nutritional plan is not that difficult. A good starting point for a healthy nutritional plan is to use smoothies as an alternative to breakfast or lunch. They are quick, nutritious, and provide a boost of energy to get the brain and body working quickly for the day. Additionally, including a protein powder or omega 3 oil can boost the body's immune system.

Furthermore, [Health Nutrition News](#) provides a video review of each recipe found in the free report. Some recipes included are: strawberry cheesecake milkshake, banana nutella fat burning smoothie, lean and green smoothie, and pomegranate smoothie. The smoothie and milkshake recipes provided by Health Nutrition News can be used as a meal replacement, snack, dessert, or anytime someone wants to make a healthier eating choice.

The 7 Healthy Smoothie and Milkshake Recipes can be accessed free for a limited time at:

<http://healthnutritionnews.org/healthy-smoothies-and-milkshakes/>

About: Health Nutrition News was launched in September 2013 as a way to relay the importance of health, nutrition, and fitness to its readers. Using relevant and upcoming wellness trends this website provides important news to guide its readers toward making healthier lifestyle choices. Its most recent featured article is [The Liquid Diet that Burns Fat and Sheds Weight](#).

Source: <http://www.newswire.net/newsroom/pr/00079590-healthy-smoothie-healthy-milkshake.html>