

5 Low-Calorie Drinks For Any Occasion

Breakfast or Post-workout Smoothie

- ½ cup non-fat plain yogurt
- ¼ cup fruit juice (orange, apple, etc.)
- ½ cup strawberries
- ½ banana
- ¼ cup crushed ice
- Optional: tbsp of protein powder



Vegetable Detox Drink

- 1 tomato
- 1 peeled carrot
- 1 celery stalk
- ¼ cucumber
- ¼ red pepper
- ½ cup spinach

Virgin Bloody Mary

- ½ cup tomato juice
- Dash of Worcestershire sauce
- Dash of Tabasco sauce
- Dash of salt
- Dash of pepper
- One Celery stalk



Hot chocolate

- Light hot chocolate powder
- Use skim milk instead of water

Hot Apple Cider

- Peel, core, dice and simmer 2 apples in a saucepan
- Dash of cinnamon powder
- Dash of nutmeg

