



BY **LYNDSIE**  
3 MONTHS AGO



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## 23 SMOOTHIES THAT AID IN WEIGHT LOSS...

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## 22. TOMATO SMOOTHIE

If you like Bloody Marys or if you just have a taste for something different, this is the [smoothie](#) for you! It's full of vitamins, so you'll get a terrific burst of energy. It's great to drink in the morning as a breakfast supplement, or as a complement to a light lunch.

### Recipe:

- 2 cups of tomatoes, chopped
- 1/2 cup of tomato juice
- 1/4 cup of apple juice
- 1/2 cup of carrots, chopped
- 1/4 cup of [celery](#), chopped
- 1/2 a teaspoon to a teaspoon of hot sauce
- 8-10 ice cubes
- Place everything in the blender and mix until smooth.

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