

# 10 drinks before going to bed help reduce belly fat quickly

Here are 10 bedtime drinks that help reduce belly fat quickly, you can change your taste like adding sugar, using healthy ingredients, replacing soda with water as well. Especially their taste is still very good!

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Many of us are often confused about what to drink in the evening so we can lose weight quickly, so we've synthesized recipes to help you **stay fit** and **healthy** and still provide full of energy for the body. Here are **10 bedtime drinks that help reduce belly fat quickly**, you can change your taste like adding sugar, using healthy ingredients, replacing soda with water as well. Especially their taste is still very good!

## Cucumber smoothies



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### **Ingredient:**

1. 1 cucumber
2. 1 bunch of parsley or coriander
3. 1 lemon

4. 1 tablespoon ginger minced
5. 1 tablespoon aloe juice
6. 1/2 cup of water

**Making:**

Puree the ingredients and drink before going to bed. You can take it continuously for 1 month and then stop for 1 week. If you want to continue reducing, start again.

## Cucumber juice and lemon



© Yulia Grigoryeva

**Ingredient:**

1. 1 lemon
2. 2 cucumber
3. 1 orange
4. 1 spoon of honey
5. 1 little mint leaf
6. 1 liter of water

**Making:**

Puree 1 cucumber and 1 sliced ??cucumber. Squeeze orange juice and lemon juice into the same cup. Mix the mixture with water into a large container. Add honey and mint according to preferences.

## Pear and sage juice



© Africa Studio

**Ingredient:**

1. 10 sage leaves
2. 1 lemon
3. 250ml pear juice (*fresh or packaged*)
4. 250ml of filtered water
5. 1 pear
6. 1 little stone

**Making:**

Cut lemons into thin slices and make them into chunks and let them cool. Add the scented bucket with a fork. Pour ice when mixing the mixes together.

## **Grapefruit juice and cinnamon**



© Tina Bour

**Ingredient:**

1. 500ml of grapefruit juice (*fresh or packaged* )
2. 500ml of soda water
3. 1 cup of water
4. 2 cinnamon sticks
5. Star anise
6. 1 little mint leaf
7. rock
8. A little sugar

**Making:**

Mix sugar, water, cinnamon into a pan and process them into syrup. Boil this mixture for a period of 5 to 10 minutes until the sugar melts. Then let it cool. Mix the mixture with juice, syrup and soda water into a jar. Add ice and decorate with few mint leaves and anise seeds.

## Lemonade



© Africa Studio

**Ingredient:**

1. 5 lemons
2. 1 liter of filtered water
3. 1 little mint leaf
4. rock

**Making:**

Squeeze water from 4 lemons, and 1 lemon slices thinly. Mix pure lemon juice with filtered water in the jar.

## Indian spicy drink



© Es75

**Ingredient:**

1. 4 lemons
2. A little ginger at will
3. 1 little mint leaf
4. 1 liter of soda water
5. ½ cup of filtered water
6. rock
7. A little sugar

**Making:**

Squeeze lemon juice into a cup. Dissolve sugar in ½ cup of water and put in a pan, boil until sugar melts. When the mixture starts to boil, turn off the heat and let it cool. Then add lemon juice and ice. Finally, pour the drink into the cup and add a few mint leaves and 1 slice of lemon.

## Apple juice



© SBH

**Ingredient:**

1. 1 liter of apple juice (*fresh or packaged*)
2. 1 little mint leaf
3. 100ml lemon juice
4. 1 lemon
5. 1 little stone

**Making:**

Cut lemons into thin circles. Pour apple and lemon juice into the jar. Add a few slices of lemon, a few mint leaves and ice. Alternatively, you can add a few slices of apples.

# Pineapple juice



© Wiktory

## Ingredient:

1. 1 liter of soda water
2. 1 lemon
3. 1 bottle of pineapple juice
4. 1 little mint leaf

## Making:

Boil water in a pan. Squeeze lemon and pour apple juice. Add sugar and water to simmer until melted. Then add a few slices of lemon when cooled. Pour into a cup, decorate a few slices of pineapple for a nice look.

Having fun!

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