

6 Ways to make delicious aloe vera smoothie

Here are 6 aloe vera smoothie recipes that are not only delicious but also have the effect of cooling off, losing weight, beauty very well, please refer.

Aloe vera is a very good food for our skin and health. One of the most delicious aloe vera delights is aloe vera smoothie.

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Preparing aloe vera

Before making any kind of aloe vera smoothie, the first thing you need to do is prepare a lot of aloe vera thoroughly to clean the plastic and help make aloe delicious, crunchy.

For more information please see the article "How to prepare aloe vera crispy, not bitter"

1. Aloe vera and orange smoothie

Material

1. 100gr aloe vera.
2. 2 ripe oranges.
3. 1 lemon.
4. Fresh milk, condensed milk, coconut oil, shaved ice, sugar.

How to make aloe vera smoothie

Step 1: Prepare aloe vera.

Step 2: Orange washed, halved, squeezed to get water.

Step 3: Put the prepared aloe vera in a blender with orange juice, 100ml of fresh milk, 1 teaspoon of condensed milk, 1 teaspoon of coconut oil, spoon of sugar and 1 cup of shaved ice. Grind for 1 minute to blend all ingredients together.

Step 4: Pour the mixture into a cup, decorate and enjoy it!



2. Aloe vera smoothie and fresh milk or yogurt

Material

1. 1 fresh aloe vera leaf.
2. 200ml of fresh milk (without sugar) or yogurt.
3. 30g granulated sugar.



How to make aloe vera smoothie

Step 1: Prepare aloe vera.

Step 2: Add aloe vera with fresh milk or yogurt, ice blended, add sugar if desired in a blender. Blend for about 1 minute until the smooth mixture is fine.

Step 4: Pour smoothies into a cup and enjoy.

3. A nutritious tomato aloe vera smoothie

Material

1. Aloe vera: 1 leaf.
2. Tomatoes: 4-5 ripe fruits.
3. Sugar, salt, lemon.

How to make tomato aloe vera smoothie

Step 1: Prepare aloe vera.

Step 2: Wash tomatoes, remove skins and seeds.

Step 3: Add aloe vera, tomato, sugar to taste and a little ice in blender, puree. Then pour the mixture into the cup and enjoy.

4. Aloe vera banana smoothie effective weight loss

Material

1. Aloe vera: 1 leaf.
2. Ripe bananas: 3-4 fruits.
3. Fresh milk: 1 pack.
4. Street.

How to make banana aloe vera smoothie

Step 1: Prepare aloe vera.

Step 2: Put the peeled bananas, processed aloe vera, fresh milk, sugar, and ice into a blender or puree. Pour the smoothie into a cup and enjoy.

5. Mango juice aloe vera beauty

Material:

1. Aloe vera: 1 leaf.
2. Ripe mangoes: 1 - 2 fruits depending on their sizes.
3. Fresh milk: 1 pack.
4. Condensed milk, sugar.



How to make aloe vera smoothie

For semi-processed aloe vera, cut the mango into small pieces, fresh milk, condensed milk, and ice into a puree.

6. Aloe vera smoothie smoothie

Material:

1. Avocado: 1/2 fruit.
2. Aloe vera: 1 leaf.
3. Sugar, fresh milk.

How to make aloe vera smoothie

Aloe vera after preliminary processing, cut small pieces of butter, sugar, fresh milk, ice into a blender, puree.

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