



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Strawberry Yogurt Smoothie

Strawberry Yogurt Smoothie

A refreshing and healthy smoothie perfect for summer. Made with fresh strawberries, milk, and yogurt, this smoothie is packed with vitamins and nutrients.

**Recipe Type:** Vegetarian

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

200 g	Strawberry
250 ml	Milk
150 g	Yogurt

# Directions

---

## Step 1

Cutting

Wash and hull the strawberries.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 2

Blending

In a blender, combine the strawberries, milk, and yogurt.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 3

Blending

Blend until smooth and creamy.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

## Serving

Pour into glasses and serve chilled.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 1 g

**Protein:** 5 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	18 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer

Visit our website: [healthdor.com](https://healthdor.com)