



Healthdor

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Apple Juice Smoothie ♦♦

A refreshing and healthy smoothie made with Minute Maid Apple Juice Box. This smoothie is perfect for a quick breakfast or a refreshing snack. It's packed with vitamins and nutrients, and it's easy to make!

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 250 grams

Number of Servings: 1

Serving Size: 250 g

Ingredients

250 ml	minute maid apple juice box
100 g	Banana
50 g	spinach
100 g	Greek yogurt
15 g	Honey

100 g ice cubes

Directions

Step 1

Blending

In a blender, combine Minute Maid Apple Juice Box, banana, spinach, Greek yogurt, honey, and ice cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Pour into a glass and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 0 g

Protein: 10 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	30 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	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	6 mcg	10.91%	10.91%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Meal Type

Breakfast Brunch Lunch Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Kitchen Tools

Blender

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo

Difficulty Level

Easy

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