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## Vegan High-Protein Smoothie ♦♦

A delicious and nutritious vegan smoothie packed with high-quality plant-based protein.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>200 g</b>	frozen banana
<b>50 g</b>	spinach
<b>300 ml</b>	almond milk
<b>30 g</b>	plant-based protein powder
<b>15 g</b>	Chia Seeds
<b>20 g</b>	Peanut Butter
<b>100 g</b>	ice cubes

## Directions

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### Step 1

Blender

Add all ingredients to a blender.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Pour into glasses and serve.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 12 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	10 g	26.32%	40%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
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	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Kitchen Tools

Blender

### Nutritional Content

High Protein

High Fiber

### Course

Salads

Snacks

Sauces & Dressings

Appetizers

Drinks

### Cultural

Diwali

### Diet

Vegetarian Diet

Vegan Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Gluten-Free Diet

The Fast Metabolism Diet

The Gerson Therapy

The Scarsdale Diet

The Hallelujah Diet

The Beverly Hills Diet

The Lemonade Diet

### Meal Type

Supper

Breakfast

Snack

### Difficulty Level

Medium

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