



Healthdor

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Jimmy Carter Smoothie ♦

The Jimmy Carter Smoothie is a delicious and nutritious drink that can be enjoyed as a snack or a meal replacement. It is packed with vitamins, minerals, and antioxidants, making it a great choice for those looking to boost their health. This smoothie is made without any enhancers, ensuring that it is all-natural and free from any artificial additives. The mini size is perfect for a quick and refreshing treat.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

100 g	Banana
50 g	spinach
150 ml	almond milk
10 g	Chia Seeds

15 g Honey

Directions

Step 1

Blender

Peel the banana and place it in a blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Blender

Add the spinach, almond milk, chia seeds, and honey to the blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Blender

Blend on high speed until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Pour the smoothie into a glass and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 3 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
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	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Snack

Supper

Difficulty Level

Easy

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