



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Strawberry, Peach, and Chia Smoothie ♦♦

This refreshing and nutritious smoothie is made with fresh strawberries, ripe peaches, and chia seeds. It's a perfect vegan option for a quick and healthy breakfast or snack.

**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

200 g	Strawberries
200 g	peaches
20 g	Chia Seeds
200 ml	water
100 g	ice cubes

## Directions

---

### Step 1

Cut

Wash and hull the strawberries. Peel and pit the peaches.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

Blending

In a blender, combine the strawberries, peaches, chia seeds, water, and ice cubes.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 3

Blending

Blend until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 150 kcal

**Fat:** 4 g

**Protein:** 4 g

**Carbohydrates:** 27 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	9 g	23.68%	36%
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	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	450 mg	13.24%	17.31%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Thanksgiving Halloween Valentine's Day Barbecue Picnic

### Kitchen Tools

Blender

### Course

Drinks Salads Snacks

### Cultural

Diwali St. Patrick's Day

### Cost

\$10 to \$20

### Demographics

Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Raw Food Diet

## Meal Type

Breakfast

Snack

Supper

## Difficulty Level

Medium

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