



Healthdor

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Blackberry Smoothie ♦

This refreshing and healthy smoothie is made with fresh blackberries, yogurt, and a touch of honey. It's perfect for a quick and nutritious breakfast or snack.

Recipe Type: Vegan

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

150 g	Blackberries
100 g	yogurt
2 tsp	honey

Directions

Step 1

Wash the blackberries.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

Add the blackberries, yogurt, and honey to a blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 5 g

Carbohydrates: 35 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	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	2 mg	153.85%	153.85%
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	20 mg	0.87%	0.87%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads Snacks

Cultural

Chinese New Year Diwali Oktoberfest Halloween

Cost

\$10 to \$20 \$20 to \$30

Demographics

Senior Friendly Teen Friendly Allergy Friendly Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Nordic Diet Vegetarian Diet

Meal Type

Breakfast

Brunch

Snack

Supper

Difficulty Level

Medium

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