



Healthdor

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Carrot Cake Smoothie Bowl ♦

A delicious and healthy smoothie bowl inspired by carrot cake. This smoothie bowl is made with carrots, banana, almond milk, and spices like cinnamon and nutmeg. It is topped with shredded coconut, chopped walnuts, and a drizzle of maple syrup. Enjoy this nutritious and satisfying breakfast or snack!

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 400 grams

Number of Servings: 1

Serving Size: 400 g

Ingredients

150 g	Carrots
100 g	Banana
200 ml	almond milk
1 tsp	Cinnamon
0.5 tsp	Nutmeg

20 g	shredded coconut
20 g	chopped walnuts
1 tbsp	maple syrup

Directions

Step 1

Cut

Peel and chop the carrots.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the chopped carrots, banana, almond milk, cinnamon, and nutmeg. Blend until smooth.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour the smoothie into a bowl and top with shredded coconut, chopped walnuts, and a drizzle of maple syrup.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 25 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	25 g	45.45%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
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	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Game Day

Course

Salads

Snacks

Diet

South Beach Diet

Ovo-Vegetarian Diet

Fruitarian Diet

Low Sodium Diet

The Air Diet

The Ice Cream Diet

The CICO (Calories In, Calories Out) Diet

The Dukan Diet

The Starch Solution Diet

The Dr. Sebi Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Parkinson's Disease Diet

The High-Vitamin D Diet

The Low-Copper Diet

The Spring Detox Diet

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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