



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Peach Avocado Smoothie ♦♦

A refreshing and healthy smoothie made with ripe peaches and creamy avocado. This smoothie is perfect for breakfast or as a mid-day snack.

Recipe Type: Vegetarian

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

300 g	ripe peaches
200 g	Avocado
250 ml	almond milk
2 tbsp	honey
100 g	ice cubes

Directions

Step 1

Cutting

Peel and pit the peaches. Cut the avocado into chunks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the peaches, avocado, almond milk, honey, and ice cubes. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 3 g

Carbohydrates: 20 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	20 g	36.36%	40%
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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	25 mg	27.78%	33.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
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	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Barbecue Picnic

Kitchen Tools

Blender

Course

Appetizers Drinks Salads Soups

Cultural

Chinese New Year Diwali Oktoberfest Easter Halloween

Demographics

Kids Friendly Teen Friendly Diabetic Friendly

Diet

South Beach Diet Vegetarian Diet

Meal Type

Brunch Snack Supper

Difficulty Level

Medium

Visit our website: healthdor.com