



Healthdor

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## Blueberry Banana Smoothie ♦♦

A refreshing and healthy smoothie made with blueberries and bananas. Perfect for a quick breakfast or snack.

**Recipe Type:** Vegan

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>200 g</b>	blueberries
<b>200 g</b>	Bananas
<b>250 ml</b>	almond milk
<b>2 tsp</b>	honey
<b>100 g</b>	ice cubes

## Directions

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### Step 1

Blender

Add blueberries, bananas, almond milk, honey, and ice cubes to a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Pour into glasses and serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 1 g

**Protein:** 2 g

**Carbohydrates:** 36 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	36 g	65.45%	72%
Fibers	4 g	10.53%	16%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
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	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
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	4 mg	50%	22.22%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Kitchen Tools

Blender Slow Cooker

### Course

Drinks Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year Diwali

### Cost

Under \$10

### Demographics

Kids Friendly Teen Friendly

## Diet

Ovo-Vegetarian Diet

Vegetarian Diet

## Difficulty Level

Medium

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