



Healthdor

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## Blueberry Mint Smoothie

A refreshing and healthy smoothie made with blueberries and fresh mint leaves. This smoothie is vegan and packed with antioxidants.

**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

200 g	blueberries
10 g	Fresh Mint Leaves
300 ml	water
100 g	ice cubes

### Directions

## Step 1

Blender

Add blueberries, mint leaves, water, and ice cubes to a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 100 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 25 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
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	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	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	150 mg	4.41%	5.77%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer

Fall

## Events

Christmas

## Kitchen Tools

Blender

## Course

Drinks

Salads

Soups

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

## Meal Type

Snack

Supper

## Difficulty Level

Easy

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