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Blueberry Almond Butter Protein Smoothie ♦♦

A delicious and nutritious smoothie packed with blueberries, almond butter, and protein powder. Perfect for a quick and easy breakfast or post-workout snack.

Recipe Type: Vegan

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 400 grams

Number of Servings: 1

Serving Size: 400 g

Ingredients

100 g	blueberries
30 g	almond butter
20 g	protein powder
250 ml	almond milk
100 g	ice cubes

Directions

Step 1

Blending

Add all ingredients to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Serving

Pour into a glass and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
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	15 mcg	625%	625%
Vitamin E	15 mg	100%	100%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer

Meal Type

Breakfast Snack Supper

Nutritional Content

Low Calorie High Protein Sugar-Free High Iron

Kitchen Tools

Mixer

Course

Appetizers Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Diwali Oktoberfest Easter

Cost

Over \$50

Demographics

Teen Friendly Heart Healthy

Difficulty Level

Medium

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