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Triple Berry Medley Smoothie ♦♦

The Triple Berry Medley Smoothie is a refreshing and nutritious drink made with a combination of three different berries - strawberries, blueberries, and raspberries. It is a perfect way to start your day or enjoy as a mid-day snack. The smoothie is packed with antioxidants, vitamins, and minerals, and it's also vegetarian-friendly.

Recipe Type: Vegetarian

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

150 g	Strawberries
100 g	blueberries
100 g	Raspberries
250 ml	milk
2 tbsp	honey

100 g ice cubes

Directions

Step 1

Wash the berries thoroughly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Place the berries, milk, honey, and ice cubes in a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 1 g

Protein: 3 g

Carbohydrates: 35 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)
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Carbohydrates	35 g	63.64%	70%
Fibers	7 g	18.42%	28%
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	2 iu	0.22%	0.29%
Vitamin C	120 mg	133.33%	160%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
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	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Birthday Wedding Halloween Mother's Day

Meal Type

Breakfast Brunch Snack Supper

Nutritional Content

Low Calorie Low Fat High Fiber Sugar-Free High Vitamin C

Kitchen Tools

Blender

Course

Appetizers

Drinks

Salads

Difficulty Level

Medium

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