



Healthdor

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Raspberry Grapefruit Smoothie ♦

This refreshing smoothie combines the sweet and tangy flavors of raspberries and grapefruit. It is dairy-free and vegan, making it a perfect choice for a healthy 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

200 g	Raspberries
300 g	Grapefruit
1 c	ice cubes
2 tbsp	agave syrup
1 c	water

Directions

Step 1

Wash the raspberries and grapefruit.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Cutting

Peel the grapefruit and remove the seeds.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

Add the raspberries, grapefruit, ice cubes, agave syrup, and water to a blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Blender

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Pour into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	20 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	60 mg	66.67%	80%
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	2 mg	25%	11.11%
Potassium	6 mg	0.18%	0.23%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Snack

Kitchen Tools

Blender

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Demographics

Allergy Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Ovo-Vegetarian Diet

Low Sodium Diet

The Gerson Therapy

The Scarsdale Diet

The Werewolf Diet

The Negative Calorie Diet

The Subway Diet

The Best Life Diet

The 3-Day Diet

Difficulty Level

Easy

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