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# **Banana Orange Smoothie**

A refreshing and healthy smoothie made with bananas and oranges. Perfect for breakfast or as a snack.

Recipe Type: Standard 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	Bananas	
300 g	oranges	

# **Directions**

# Step 1



Peel and slice the bananas.

Prep Time: 2 mins

Cook Time: 0 mins

# Step 2



Peel and segment the oranges.

Prep Time: 2 mins

Cook Time: 0 mins

### Step 3

Blender

Add the bananas and oranges to a blender.

Prep Time: 0 mins

Cook Time: 0 mins

# Step 4

Blender

Blend until smooth.

Prep Time: 1 mins

Cook Time: 0 mins

### Step 5

Serving

Pour into glasses and serve.

Prep Time: 0 mins

Cook Time: 0 mins

# **Nutrition Facts**

Calories: 100 kcal

**Fat:** 0 g

Protein: 1g

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	4 g	10.53%	16%
Sugars	14 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	70 mg	77.78%	93.33%
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	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	350 mg	10.29%	13.46%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

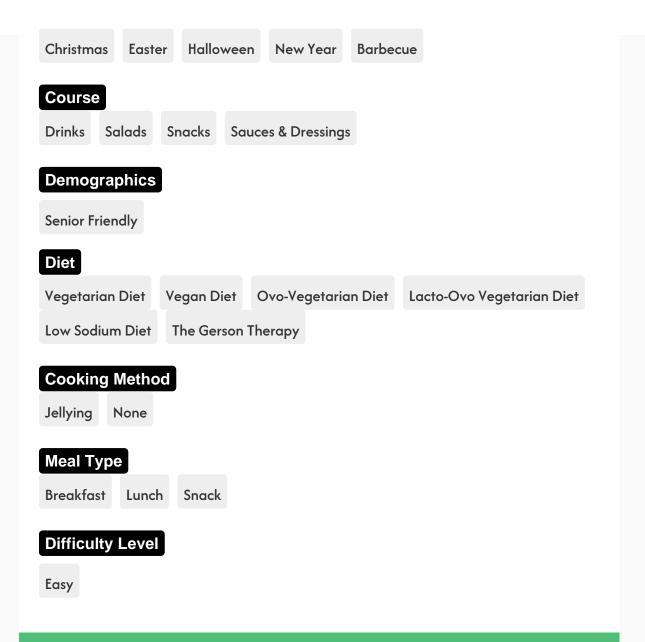
# **Recipe Attributes**

Seasonality

Summer

Fall

Events



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