



Healthdor

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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

Cut

Peel and slice the bananas.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Cut

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: 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	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

Christmas

Easter

Halloween

New Year

Barbecue

Course

Drinks

Salads

Snacks

Sauces & Dressings

Demographics

Senior Friendly

Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Gerson Therapy

Cooking Method

Jellying

None

Meal Type

Breakfast

Lunch

Snack

Difficulty Level

Easy

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