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Berry Banana Protein Shake ♦♦

A refreshing and nutritious protein shake made with berries, bananas, and plant-based protein powder. Perfect for a post-workout snack or a quick breakfast on the go.

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

1 c	frozen mixed berries
1 medium	ripe banana
1 scoop	plant-based protein powder
1 c	almond milk
1 c	ice cubes

Directions

Step 1

Blender

In a blender, combine the frozen mixed berries, ripe banana, plant-based protein powder, almond milk, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Blend on high speed until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour into a glass and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 1 g

Protein: 25 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
Sugars	16 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 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	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	20 mg	133.33%	133.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Meal Type

Breakfast

Brunch

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Kitchen Tools

Blender

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Difficulty Level

Easy

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