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Powerball Smoothie · ·

The Powerball Smoothie is a vegan smoothie packed with nutrients and energy. It is a delicious and healthy way to start your day or refuel after a workout. The smoothie is made with a blend of fruits, vegetables, and plant-based protein powder, providing a balanced combination of carbohydrates, protein, and vitamins.

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	Banana
50 g	spinach
300 ml	almond milk
30 g	plant-based protein powder
15 g	Chia Seeds

20 g peanut butter

100 g ice cubes

Directions

Step 1

Blending

Add all ingredients to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Serving

Pour into glasses and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Mother's Day

Nutritional Content

Low Calorie High Protein Low Fat High Fiber Low Sodium

Kitchen Tools

Blender

Course

Appetizers Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Diwali Hanukkah Easter

Meal Type

Brunch Snack

Difficulty Level

Easy

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