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Strawberry-Banana and Cashew Milk Smoothie ♦

This smoothie is a refreshing and nutritious blend of strawberries, bananas, and cashew milk. It is perfect for a quick and healthy breakfast or snack. The creamy cashew milk adds a rich and nutty flavor to the smoothie, while the strawberries and bananas provide natural sweetness. It is a vegetarian recipe that can be easily made vegan by using plant-based yogurt instead of dairy yogurt.

Recipe Type: Vegetarian

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	Strawberries
200 g	Bananas
300 ml	cashew milk

100 g yogurt

Directions

Step 1

Preparation

Wash and hull the strawberries.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Preparation

Peel and slice the bananas.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

In a blender, combine the strawberries, bananas, cashew milk, and yogurt. Blend until smooth.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serving

Pour the smoothie into glasses and serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 3 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
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	70 mg	77.78%	93.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Meal Type

Breakfast Snack Brunch Supper

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Demographics

Senior Friendly

Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Cabbage Soup Diet

The Grapefruit Diet

The Breatharian Diet

Difficulty Level

Medium

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