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Chocolate and Banana Kefir Smoothie ♦♦

A delicious and nutritious smoothie made with chocolate, banana, and kefir. It's a great option for a vegetarian breakfast or snack.

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	Banana
250 ml	kefir
20 g	Cocoa Powder
10 g	Honey
100 g	ice cubes

Directions

Step 1

Cut

Peel and slice the banana.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the banana, kefir, cocoa powder, honey, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serving

Pour into glasses and serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 2 g

Protein: 7 g

Carbohydrates: 52 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	52 g	94.55%	104%
Fibers	6 g	15.79%	24%
Sugars	32 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	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
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	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Drinks

Salads

Snacks

Sauces & Dressings

Difficulty Level

Medium

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