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Yogurt Banana-Pineapple Smoothie

The Yogurt Banana-Pineapple Smoothie is a refreshing and healthy drink made with yogurt, bananas, and pineapples. It is a vegan recipe that can be enjoyed as a quick breakfast or a post-workout snack. The smoothie is packed with vitamins, minerals, and antioxidants, making it a nutritious choice for any time of the day.

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	Yogurt
200 g	Bananas
200 g	pineapples
100 g	ice cubes

Directions

Step 1



Peel and slice the bananas.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2



Cut the pineapples into small chunks.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

In a blender, combine the yogurt, bananas, pineapples, and ice cubes.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4



Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5



Pour the smoothie into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	4 g	10.53%	16%
Sugars	20 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)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

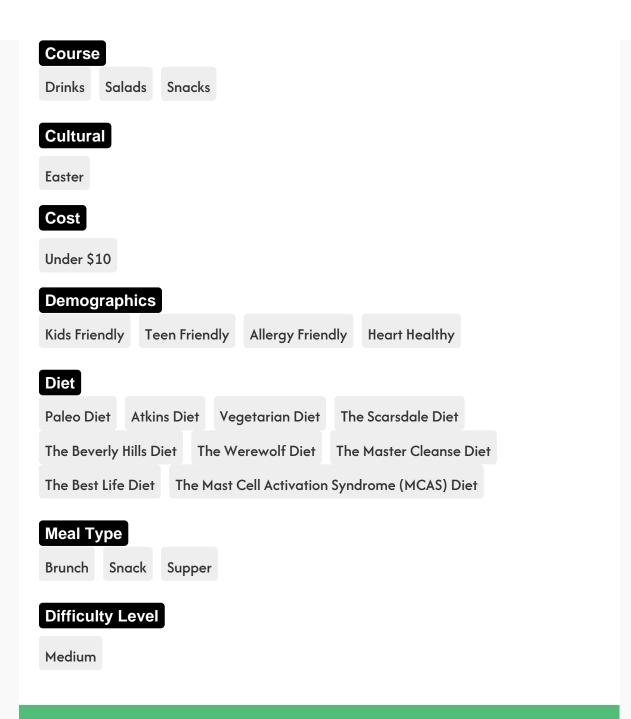
Recipe Attributes

Seasonality

Summer

Nutritional Content

Low Calorie



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