



Healthdor

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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

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## Step 1

Cut

Peel and slice the bananas.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Cut

Cut the pineapples into small chunks.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blender

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

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

## Blender

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

## Step 5

### Serving

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

## Course

Drinks

Salads

Snacks

## Cultural

Easter

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

## Diet

Paleo Diet

Atkins Diet

Vegetarian Diet

The Scarsdale Diet

The Beverly Hills Diet

The Werewolf Diet

The Master Cleanse Diet

The Best Life Diet

The Mast Cell Activation Syndrome (MCAS) Diet

## Meal Type

Brunch

Snack

Supper

## Difficulty Level

Medium

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