



Healthdor

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## Blueberry Chocolate Smoothie ♦♦

A delicious and refreshing smoothie made with blueberries and chocolate. Perfect for a quick and healthy breakfast or snack.

**Recipe Type:** Standard

**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

<b>200 g</b>	blueberries
<b>250 ml</b>	milk
<b>30 g</b>	chocolate protein powder
<b>2 tsp</b>	Honey
<b>100 g</b>	ice cubes

## Directions

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### Step 1

Blender

Add all ingredients to a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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### Step 3

Pour into glasses and serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 5 g

**Protein:** 15 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
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	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

### Meal Type

Breakfast Brunch Lunch Snack

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

### Kitchen Tools

Blender

### Course

Drinks Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year

### Difficulty Level

Medium

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