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Almond Raspberry Smoothie ♦♦

The Almond Raspberry Smoothie is a refreshing and nutritious vegan smoothie made with almond milk and fresh raspberries. It is a perfect breakfast or snack option for vegans and those looking for a healthy and delicious drink.

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

2 c	almond milk
2 c	Raspberries
2 tbsp	agave syrup
2 tbsp	almond butter
1 c	ice cubes

Directions

Step 1

Blender

In a blender, combine almond milk, raspberries, agave syrup, almond butter, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Pour into glasses and serve immediately.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 4 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	5 g	13.16%	20%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
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	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	30 mg	3%	3%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Breakfast Snack Supper

Difficulty Level

Medium

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