



Healthdor

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## Lemon Berry Honey Smoothie ♦♦

A refreshing and healthy smoothie made with lemon, berries, and honey. This smoothie is vegan and packed with vitamins and antioxidants.

**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

<b>100 g</b>	Lemon
<b>200 g</b>	Mixed Berries
<b>30 g</b>	honey
<b>200 ml</b>	Water
<b>100 g</b>	ice cubes

## Directions

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### Step 1

Blender

Add lemon, mixed berries, honey, water, and ice cubes 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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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 38 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
Fibers	5 g	13.16%	20%
Sugars	30 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)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## 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

Lunch

Snack

## Difficulty Level

Easy

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