



Healthdor

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## Banana, Coffee, Cashew, and Cocoa Smoothie ♦♦

A delicious and healthy smoothie made with bananas, coffee, cashews, and cocoa. This smoothie is vegan and perfect for breakfast or a quick snack. It provides a boost of energy and is packed with nutrients.

**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	Banana
100 ml	Coffee
50 g	Cashew
10 g	Cocoa

# Directions

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## Step 1

Cut

Peel and slice the banana.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Brew a cup of coffee and let it cool.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 3

Blender

Add the banana, coffee, cashews, and cocoa to a blender.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Blender

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

Serving

Pour into glasses and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 6 g

**Protein:** 5 g

**Carbohydrates:** 30 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	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
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	10 mg	0.43%	0.43%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Easter

### Meal Type

Breakfast

Lunch

Snack

Supper

### Nutritional Content

High Protein

Low Fat

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Calcium

### Kitchen Tools

Blender

Oven

Microwave

### Course

Appetizers

Drinks

Salads

Soups

Snacks

### Difficulty Level

Medium

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