



Healthdor

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Overnight Apple Cinnamon Smoothie ♦♦

This overnight apple cinnamon smoothie is a delicious and nutritious way to start your day. The smoothie is made with fresh apples, cinnamon, yogurt, and almond milk. It is packed with vitamins and minerals, and the overnight preparation ensures a creamy and flavorful smoothie in the morning.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

300 g	Apples
2 tsp	Cinnamon
200 g	yogurt
300 ml	almond milk

Directions

Step 1

Cut

Peel and core the apples.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Cut the apples into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

In a blender, combine the apples, cinnamon, yogurt, and almond milk.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Refrigerating

Pour the smoothie into jars or glasses and refrigerate overnight.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Stirring

In the morning, give the smoothie a good stir and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 2 g

Protein: 6 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

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	1 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
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	300 mg	8.82%	11.54%

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

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Nutritional Content

Low Calorie

Course

Drinks Salads Snacks

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter

Halloween

Cost

Under \$10

Meal Type

Breakfast Brunch Lunch Snack Supper

Difficulty Level

Easy

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