



Healthdor

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## Breakfast Smoothie ♦♦

A delicious and nutritious smoothie to start your day. Packed with fruits and yogurt, it's a perfect way to get your daily dose of vitamins and minerals. Whether you're vegan, vegetarian, or neither, this smoothie is a great option for a healthy breakfast.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 1

**Serving Size:** 500 g

### Ingredients

100 g	Banana
100 g	Strawberries
50 g	blueberries
50 g	spinach
200 g	yogurt

200 ml almond milk

10 g Chia Seeds

10 g honey

## Directions

### Step 1

Blender

Add all the ingredients to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

### Step 2

Blender

Blend until smooth and creamy.

Prep Time: 3 mins

Cook Time: 0 mins

## Nutrition Facts

Calories: 200 kcal

**Fat:** 4 g

**Protein:** 10 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	7 g	18.42%	28%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
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%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

## 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 Brunch Lunch Snack Supper

### Difficulty Level

Easy

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