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## Raspberry Mango Sunrise Smoothie

The Raspberry Mango Sunrise Smoothie is a refreshing and nutritious vegan smoothie that combines the flavors of sweet mangoes and tangy raspberries. It's a perfect way to start your day or enjoy as a midday snack. This smoothie is packed with vitamins, minerals, and antioxidants, making it a healthy choice for any time of the day.

**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	Raspberries
300 g	Mangoes
200 ml	water
100 g	ice cubes

# Directions

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## Step 1

Wash the raspberries and mangoes.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Cut

Peel and chop the mangoes.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blender

In a blender, combine the raspberries, mangoes, water, and ice cubes.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Blender

Blend until smooth.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

Serving

Pour into glasses and serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 1 g

**Protein:** 2 g

**Carbohydrates:** 28 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	28 g	50.91%	56%
Fibers	8 g	21.05%	32%
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	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
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	5 mg	0.22%	0.22%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	300 mg	8.82%	11.54%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer

### Events

Easter

Valentine's Day

Barbecue

Picnic

### Cuisines

French

Mediterranean

Middle Eastern

### Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

High Iron

### Kitchen Tools

Blender

### Course

Appetizers

Drinks

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

### Meal Type

Brunch

Lunch

Snack

### Difficulty Level

Easy

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