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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

Step 1

Wash the raspberries and mangoes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2



Peel and chop the mangoes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

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

Prep Time: 1 mins

Cook Time: 0 mins

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: 2g

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

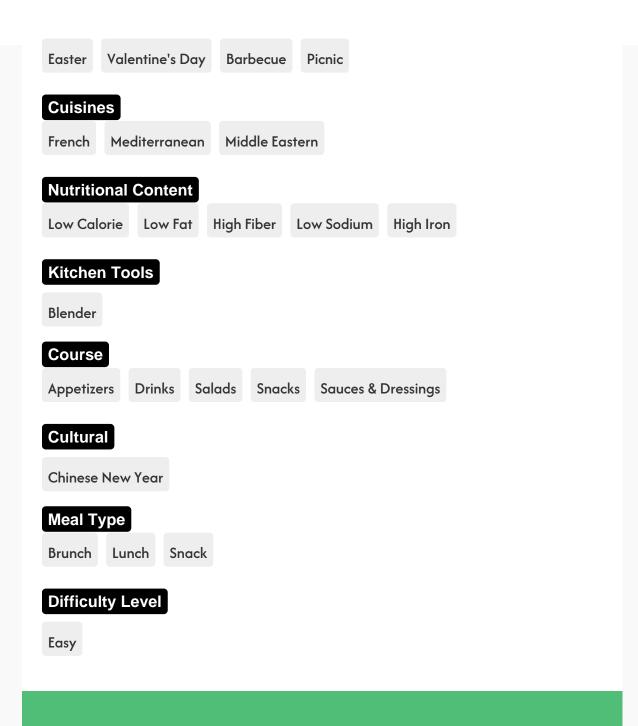
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	300 mg	8.82%	11.54%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Events



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