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Berry Super Smoothie · ·

The Berry Super Smoothie is a delicious and nutritious drink made with a blend of fresh berries. It is a vegan recipe that is perfect for breakfast or as a refreshing snack.

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	Strawberries
150 g	blueberries
150 g	Raspberries
400 ml	almond milk
20 g	Chia Seeds
20 g	agave syrup

Directions

Step 1

Wash the berries thoroughly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Place the berries, almond milk, chia seeds, and agave syrup in a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 3 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	8 g	21.05%	32%
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	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
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	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
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	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

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

Kitchen Tools

Blender

Meal Type

Breakfast Snack Supper

Difficulty Level

Easy

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