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## Strawberry Almond Trim Smoothie

The Strawberry Almond Trim Smoothie is a delicious vegan smoothie that combines the sweetness of strawberries with the nutty flavor of almonds. It's a refreshing and healthy option for breakfast or a 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

<b>250 g</b>	Strawberries
<b>250 ml</b>	almond milk
<b>30 g</b>	almonds
<b>2 tbsp</b>	maple syrup
<b>1 tsp</b>	vanilla extract

1 c ice cubes

## Directions

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### Step 1

Blending

In a blender, combine the strawberries, almond milk, almonds, maple syrup, vanilla extract, and ice cubes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Blending

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 3

Serving

Pour into glasses and serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 3 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	16 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	20 mg	133.33%	133.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic Game Day

### Course

Drinks Salads Snacks

### Cultural

Chinese New Year

### Demographics

Senior Friendly Diabetic Friendly

### Diet

Mediterranean Diet Vegan Diet Pescatarian Diet Lacto-Vegetarian Diet  
 Lacto-Ovo Vegetarian Diet Anti-Inflammatory Diet Low Sodium Diet  
 The Gerson Therapy The Swiss Secret Diet The Scarsdale Diet The Air Diet

### Meal Type

Brunch

Snack

**Difficulty Level**

Medium

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