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Lime Avocado Milkshake ♦♦

A refreshing and creamy vegan milkshake made with lime and avocado. This milkshake is a healthy and delicious way to cool down on a hot 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	Avocado
100 ml	Lime juice
200 ml	almond milk
30 ml	maple syrup
100 g	ice cubes

Directions

Step 1

Blender

In a blender, combine the avocado, lime juice, almond milk, maple syrup, and ice cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Pour into glasses and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 5 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	10 g	26.32%	40%
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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Game Day

Course

Drinks Salads Snacks

Cultural

Chinese New Year

Cost

\$40 to \$50

Diet

OMAD (One Meal a Day) Diet Vegetarian Diet Vegan Diet
 Ovo-Vegetarian Diet Low Sodium Diet The Gerson Therapy
 The Beverly Hills Diet The Rice Diet The F-Plan Diet The Werewolf Diet
 The Mast Cell Activation Syndrome (MCAS) Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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