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# **Coconut Apple Cinnamon Smoothie**

A refreshing and healthy smoothie made with coconut, apple, and cinnamon. This smoothie is vegan and perfect for a quick and nutritious breakfast or 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**

400 ml	Coconut Milk
1 medium	Apple
1 teaspoon	Cinnamon

### **Directions**

### Step 1



Peel and chop the apple into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

### Step 2

Blending

In a blender, combine the chopped apple, coconut milk, and cinnamon.

Prep Time: 1 mins

Cook Time: 0 mins

### Step 3

Blending

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

### Step 4



Pour into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

### **Nutrition Facts**

Calories: 200 kcal

**Fat:** 10 g

Protein: 2g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
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	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
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	8 mg	8.89%	10.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## **Recipe Attributes**

Seasonality

Summer Fall

Events

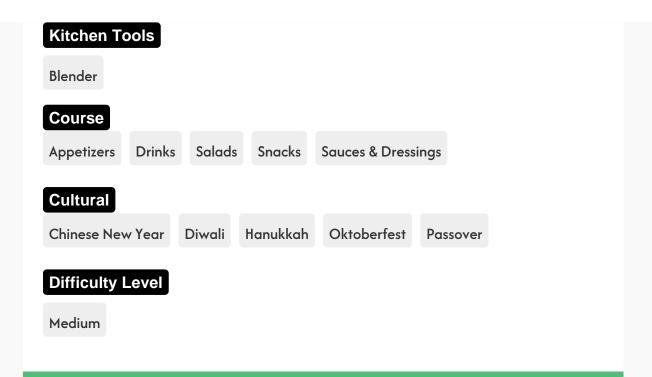
Christmas

Meal Type

Breakfast Brunch Lunch Snack Supper

**Nutritional Content** 

Low Fat High Fiber



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