



Healthdor

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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

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## Step 1

Cut

Peel and chop the apple into small pieces.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Blending

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

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

Blending

Blend until smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

## Serving

Pour into glasses and serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 2 g

**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

## Kitchen Tools

Blender

## Course

Appetizers

Drinks

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

## Difficulty Level

Medium

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