



Healthdor

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## Watermelon Wake-up Smoothie

The Watermelon Wake-up Smoothie is a refreshing and nutritious drink that is perfect for starting your day. Made with fresh watermelon, this smoothie is packed with vitamins and minerals to give you a boost of energy. It's also vegan-friendly, making it a great option for those following a plant-based diet. Enjoy this smoothie as a delicious and healthy way to start your morning.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

500 g	Watermelon
2 tsp	lime juice
6 leaves	mint leaves

**6** ice cubes  
**cubes**

## Directions

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### Step 1

Cutting

Cut the watermelon into small chunks.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Blending

Add the watermelon chunks, lime juice, mint leaves, and ice cubes to a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Blending

Blend until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 30 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 8 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	1 g	2.63%	4%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

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

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	21 iu	2.33%	3%
Vitamin C	23 mg	25.56%	30.67%
Vitamin B6	3 mg	230.77%	230.77%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	1 mg	0.1%	0.1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	3 mg	0.09%	0.12%
Zinc	1 mg	9.09%	12.5%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer

### Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Blender

### Course

Appetizers

Drinks

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Diwali

Halloween

### Cost

Under \$10

### Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

## Difficulty Level

Easy

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