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Spinach and Chia Smoothie ♦♦

A healthy and refreshing smoothie made with spinach and chia seeds. This vegan recipe is packed with nutrients and is 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

100 g	spinach
20 g	Chia Seeds
150 g	Banana
250 ml	almond milk
2 tbsp	maple syrup

Directions

Step 1

Blender

Add spinach, chia seeds, banana, almond milk, and maple syrup to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour into glasses and serve chilled.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	7 g	18.42%	28%
Sugars	10 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	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
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	2 mg	13.33%	13.33%
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	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Meal Type

Breakfast Brunch Snack

Nutritional Content

Low Calorie

Course

Salads Sauces & Dressings

Cultural

Chinese New Year

Demographics

Lactation Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Pescatarian Diet
 Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet Low Sodium Diet
 The Gerson Therapy The Mayo Clinic Diet The Rice Diet

Difficulty Level

Medium

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