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## Sunflower Butter Smoothie ♦

A delicious and nutritious smoothie made with sunflower butter, perfect for vegans and those following a plant-based diet. This smoothie is packed with vitamins, minerals, and antioxidants, and is a great way to start your day or refuel after a workout.

**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	Banana
40 g	sunflower butter
400 ml	almond milk
50 g	spinach
20 g	chia seeds

100 g ice cubes

## Directions

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### Step 1

Cut

Peel and chop the banana.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Blender

Add the banana, sunflower butter, almond milk, spinach, chia seeds, and ice cubes to a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Blender

Blend until smooth and creamy.

**Prep Time:** 1 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:** 300 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
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	10 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	5 mg	33.33%	33.33%

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

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Halloween

### Cuisines

Italian

### Nutritional Content

Low Calorie

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

### **Meal Type**

Snack

Supper

### **Difficulty Level**

Medium

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