



Healthdor

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## Spinach and Seaweed Smoothie Shots <sup>•</sup>

This recipe combines the nutritional benefits of spinach and seaweed into a refreshing smoothie shot. It is a vegan recipe that can be consumed as a healthy snack or a quick breakfast option. The smoothie shots are packed with vitamins, minerals, and antioxidants that promote overall well-being.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 6

**Serving Size:** 50 g

### Ingredients

100 g	spinach
50 g	Seaweed
200 g	Banana
300 ml	almond milk

<b>20 g</b>	Chia Seeds
<b>30 g</b>	agave syrup
<b>2 tsp</b>	lemon juice

## Directions

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### Step 1

Wash the spinach and seaweed thoroughly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

**Blender**

In a blender, combine the spinach, seaweed, banana, almond milk, chia seeds, agave syrup, and lemon juice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

**Blender**

Blend until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 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	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	0 g	0%	0%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
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	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Barbecue Picnic

### Cuisines

American

### Nutritional Content

Low Calorie

### Kitchen Tools

Blender Microwave

### Course

Appetizers Drinks Salads Snacks Sauces & Dressings

## Cultural

Chinese New Year

Diwali

Easter

## Demographics

Teen Friendly

## Meal Type

Snack

Breakfast

Brunch

## Difficulty Level

Medium

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