



Healthdor

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## Spinach, Cottage Cheese, and Blueberry Protein Smoothie

This spinach, cottage cheese, and blueberry protein smoothie is a delicious and healthy way to start your day. It's packed with nutrients and protein, making it a great choice for vegetarians. The smoothie is made with fresh spinach, creamy cottage cheese, and sweet blueberries, creating a refreshing and satisfying drink. It's perfect for breakfast or as a post-workout snack.

**Recipe Type:** Vegetarian

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 1

**Serving Size:** 500 g

### Ingredients

50 g	spinach
100 g	cottage cheese
150 g	blueberries

## Directions

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### Step 1

Blender

Add the spinach, cottage cheese, and blueberries to a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Pour into a glass and enjoy!

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 5 g

**Protein:** 20 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	2 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	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring Summer

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Kitchen Tools

Blender Slow Cooker

### Course

Appetizers Drinks Salads Sauces & Dressings

### Cultural

Chinese New Year

### Demographics

Senior Friendly Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Raw Food Diet

### Difficulty Level

Medium

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