



Healthdor

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## Vegan Strawberry Protein Smoothie

This vegan strawberry protein smoothie is a refreshing and nutritious drink that is perfect for a quick and healthy breakfast or snack. Made with plant-based protein powder, fresh strawberries, and almond milk, this smoothie is packed with vitamins, minerals, and antioxidants. It is a great way to fuel your body and keep you energized throughout the day.

**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	fresh strawberries
30 g	plant-based protein powder
400 ml	almond milk

100 g ice cubes

## Directions

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### Step 1

Cut

Wash and hull the strawberries.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Blending

In a blender, combine the strawberries, plant-based protein powder, almond milk, and ice cubes.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Blending

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 immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 2 g

**Protein:** 15 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### 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	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	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

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	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Kitchen Tools

Blender

## Meal Type

Brunch

Snack

## Difficulty Level

Medium

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