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## Green Monster Smoothie ♦

The Green Monster Smoothie is a healthy and refreshing drink made with a combination of leafy greens, fruits, and other nutritious ingredients. It is a popular choice among vegans and vegetarians due to its plant-based ingredients and high nutrient content. This smoothie is packed with vitamins, minerals, and antioxidants, making it a great option for a quick and nutritious breakfast or snack.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 2

**Serving Size:** 200 g

### Ingredients

100 g	spinach
100 g	kale
150 g	Banana
150 g	Mango

250 ml	almond milk
20 g	Chia Seeds
20 g	Flaxseeds
30 g	honey

## Directions

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### Step 1

Cut

Wash and chop the spinach and kale leaves.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cut

Peel and chop the banana and mango.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Blender

Add the spinach, kale, banana, mango, almond milk, chia seeds, flaxseeds, and honey to a blender.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Blender

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Serving

Pour into glasses and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 5 g

**Protein:** 5 g

**Carbohydrates:** 35 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	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	100 iu	11.11%	14.29%
Vitamin C	80 mg	88.89%	106.67%
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	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

### Meal Type

Breakfast Lunch Snack Brunch

### Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium High Vitamin C High Iron

High Calcium

### Kitchen Tools

Blender

### Course

Appetizers Drinks Salads Snacks

### Cultural

Chinese New Year Diwali

### Difficulty Level

Easy

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