



Healthdor

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Blueberry Orange Smoothie

A refreshing and nutritious smoothie made with blueberries and oranges.

Recipe Type: Standard

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	blueberries
300 g	oranges
100 g	ice cubes
2 tsp	honey
100 g	yogurt

Directions

Step 1

Wash the blueberries and oranges.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Cut

Peel the oranges and remove the seeds.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

Add the blueberries, oranges, ice cubes, honey, and yogurt to a blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Blender

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Pour the smoothie into glasses and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	5 g	13.16%	20%
Sugars	25 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	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	6 mg	0.6%	0.6%
Iron	2 mg	25%	11.11%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Events

Easter

Birthday

Valentine's Day

Father's Day

Anniversary

Barbecue

Picnic

Meal Type

Breakfast

Snack

Lunch

Nutritional Content

Low Calorie

High Fiber

Kitchen Tools

Blender

Oven

Course

Appetizers

Desserts

Drinks

Salads

Snacks

Sauces & Dressings

Difficulty Level

Easy

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