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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



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: 2g

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

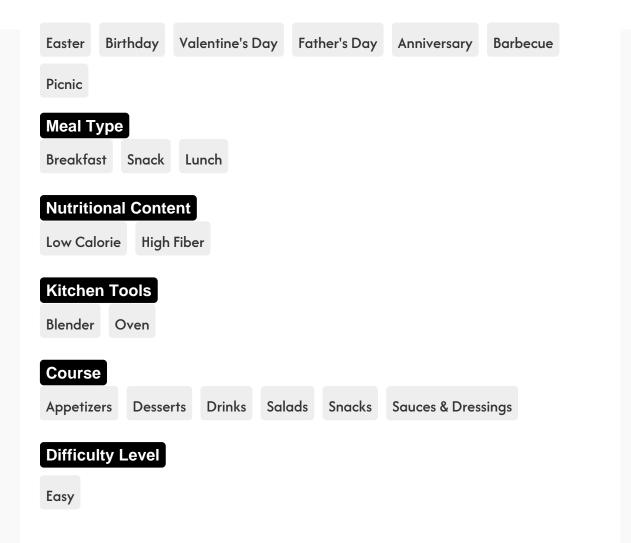
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	6 mg	0.6%	0.6%
Iron	2 mg	25%	11.11%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Events



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