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## Blueberry & Raw Cacao Smoothie ♦♦

The Blueberry & Raw Cacao Smoothie is a delicious and nutritious vegan smoothie that combines the antioxidant-rich flavors of blueberries with the rich and chocolatey taste of raw cacao. This smoothie is perfect for breakfast or as a refreshing snack during the day. It is packed with vitamins, minerals, and fiber, making it a healthy and satisfying choice for any time of 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	blueberries
20 g	raw cacao powder
100 g	Banana
300 ml	almond milk

**30 g** maple syrup

**100 g** ice cubes

## Directions

### Step 1

Blender

Add all the ingredients to a blender.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

### Step 3

Pour into glasses and serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

Calories: 150 kcal

Fat: 2 g

Protein: 3 g

Carbohydrates: 32 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	32 g	58.18%	64%
Fibers	5 g	13.16%	20%
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	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
 Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

### Course

Appetizers Drinks Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year Diwali Oktoberfest Easter

## Cost

Under \$10

## Demographics

Senior Friendly

Allergy Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

Nordic Diet

Okinawa Diet

Alkaline Diet

5:2 Diet

16:8 Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Low FODMAP Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

Anti-Inflammatory Diet

Gluten-Free Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The Hollywood Diet

The Lemonade Diet

The Grapefruit Diet

The Rice Diet

The Sleeping Beauty Diet

The French Women Don't Get Fat Diet

The Cookie Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Breatharian Diet

The Werewolf Diet

The Five-Bite Diet

The Negative Calorie Diet

The Ice Cream Diet

The Master Cleanse Diet

The Subway Diet

The SlimFast Diet

The Cambridge Diet

The Shangri-La Diet

The Best Life Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

The Eat-Clean Diet

The Peanut Butter Diet

The Bulletproof Diet

The Carnivore Diet

The Dukan Diet    The HCG Diet    The Optavia Diet    The Pritikin Diet

The Starch Solution Diet    The Vertical Diet    The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD)    The Anti-Candida Diet    The Dr. Sebi Diet

The Crohn's Disease Diet    The Ulcerative Colitis Diet    The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet    The Low Oxalate Diet    The Diabetes Diet

The Hypothyroidism Diet    The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet    The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet

The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet    The High-Fiber Diet    The Low-Fat Diet

The High-Protein Diet    The Low-Protein Diet    The High-Calcium Diet

The High-Potassium Diet    The Low-Potassium Diet    The High-Iron Diet

The Low-Iron Diet    The Low-Phosphorus Diet    The High-Vitamin D Diet

The High-Vitamin C Diet    The High-Vitamin K Diet    The Low-Vitamin K Diet

The Low-Copper Diet    The Spring Detox Diet    The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet    The Winter Warming Diet    The Low-Sulfur Diet

The High-Sulfur Diet    The Eczema Diet    The Psoriasis Diet    The Rosacea Diet

The Acne Diet    The Migraine Diet    The Celiac Disease Diet

The Gallbladder Diet    The Kidney Stone Diet    The Anti-Anxiety Diet

The Depression Diet    The Adrenal Fatigue Diet    The Endometriosis Diet

The Hashimoto's Disease Diet    The Lyme Disease Diet    The Diverticulitis Diet

The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet

The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

## Cooking Method

Grilling Boiling Steaming Microwaving Blanching Sautéing Roasting

Blending Grinding Canning Pasteurizing Cutting Cut Mixing Resting

Plating Serving Cooking None Mashing Preheating Sprinkling

Heating Refrigerating Preparation Cooling Oven Stove



## Difficulty Level

Medium

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