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## Sunrise Goji Smoothie

The Sunrise Goji Smoothie is a refreshing and nutritious vegan smoothie packed with antioxidants and vitamins. It is a perfect way to start your day and boost your energy levels.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>200 g</b>	frozen strawberries
<b>30 g</b>	goji berries
<b>150 g</b>	Banana
<b>400 ml</b>	almond milk
<b>15 g</b>	Chia Seeds

2 tbsp maple syrup

## Directions

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### Step 1

Blending

Add the frozen strawberries, goji berries, banana, almond milk, chia seeds, and maple syrup to a blender.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Blending

Blend on high speed until smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Serving

Pour into glasses and serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 200 kcal

Fat: 4 g

Protein: 4 g

Carbohydrates: 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
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	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Meal Type

Breakfast Brunch Lunch Supper

### Kitchen Tools

Slow Cooker

### Course

Appetizers Drinks Salads Snacks

### Cultural

Chinese New Year

### Demographics

Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet  
Lacto-Vegetarian Diet Lacto-Ovo Vegetarian 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 Cabbage Soup Diet   The Hallelujah 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 Baby Food Diet   The 3-Hour 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

Grinding

Cutting

Serving

Cooking

None

Stir-frying

Preheating

Sprinkling

Preparation

Cooling

Oven

Stove

### Difficulty Level

Medium

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