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Low-Fat Sunrise Sunset Smoothie

The Low-Fat Sunrise Sunset Smoothie is a refreshing and healthy beverage that can be enjoyed at any time of the day. This smoothie is made with fresh fruits and low-fat ingredients, making it a guilt-free treat. It is packed with vitamins and minerals, and its vibrant colors make it a feast for the eyes as well. Whether you're looking for a quick breakfast or a mid-day pick-me-up, this smoothie is sure to satisfy your cravings.

Recipe Type: Vegetarian

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

150 g	Banana
150 g	Mango
150 g	Pineapple
200 g	low-fat yogurt

200 ml orange juice

5 g splenda

Directions

Step 1

Cut

Peel and chop the banana, mango, and pineapple.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

In a blender, combine the chopped fruits, low-fat yogurt, orange juice, and Splenda.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Blender

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Pour the smoothie into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	5 g	29.41%	29.41%
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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	100 iu	11.11%	14.29%
Vitamin C	100 mg	111.11%	133.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Mixer

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Drinks

Salads

Snacks

Sauces & Dressings

Appetizers

Breads

Cultural

Chinese New Year

Cinco de Mayo

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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