



Healthdor

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Banana Berry Smoothie ♦♦

A refreshing and nutritious smoothie made with bananas and mixed berries.

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	Bananas
300 g	Mixed Berries
200 ml	water
100 g	ice cubes

Directions

Step 1

Cut

Peel and slice the bananas.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Add the bananas, mixed berries, water, and ice cubes to a blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Serving

Pour into glasses and serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 37 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	37 g	67.27%	74%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	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%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	15 mg	1153.85%	1153.85%
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	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Breakfast Brunch Snack Supper

Difficulty Level

Easy

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