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Freeze Blueberry Banana ♦

A delicious vegan recipe that combines the sweetness of blueberries and bananas. It can be enjoyed as a healthy snack or as a refreshing dessert.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

300 g blueberries

200 g Bananas

Directions

Step 1

Preparation

Wash the blueberries and peel the bananas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Place the blueberries and bananas in a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and creamy.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Freezing

Pour the mixture into a container and freeze for at least 4 hours.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 55 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 14 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	14 g	25.45%	28%
Fibers	2 g	5.26%	8%
Sugars	9 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	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	5 mg	384.62%	384.62%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	90 mg	2.65%	3.46%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Game Day

Course

Salads

Desserts

Drinks

Cultural

Chinese New Year

Diet

16:8 Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Fast Metabolism Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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