



Healthdor

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Freeze Banana Raspberry ♦

This recipe combines frozen bananas and raspberries to create a refreshing and healthy treat. It can be enjoyed as a snack or dessert. The frozen bananas provide a creamy texture, while the raspberries add a tart and sweet flavor. Give it a try!

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g Bananas

100 g Raspberries

Directions

Step 1

Cut

Peel and slice the bananas into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Place the sliced bananas and raspberries 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 2 hours.

Prep Time: 0 mins

Cook Time: 120 mins

Step 5

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 31 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	31 g	56.36%	62%
Fibers	5 g	13.16%	20%
Sugars	17 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	25 mg	27.78%	33.33%
Vitamin B6	20 mg	1538.46%	1538.46%
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	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Fall

Events

Game Day

Course

Snacks

Cultural

Chinese New Year

Cost

\$40 to \$50

Diet

Vegetarian Diet

Pescatarian Diet

The Gerson Therapy

The Grapefruit Diet

The Rice Diet

The Shangri-La Diet

The Best Life Diet

The HCG Diet

The Vertical Diet

The Spring Detox Diet

The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet

The Winter Warming Diet

The Mast Cell Activation Syndrome (MCAS) Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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