



Healthdor

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## Smoothie Orange Blueberry ♦

A refreshing and healthy smoothie made with fresh oranges and blueberries. It's packed with vitamins and antioxidants, making it the perfect way to start your day.

**Recipe Type:** Standard

**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>	oranges
<b>150 g</b>	blueberries
<b>100 ml</b>	water
<b>100 g</b>	ice cubes
<b>20 g</b>	honey

# Directions

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## Step 1

Cut

Peel the oranges and remove any seeds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blender

Place the oranges, blueberries, water, ice cubes, and honey in a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blender

Blend until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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# Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 0 g

**Protein:** 2 g

**Carbohydrates:** 38 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	38 g	69.09%	76%
Fibers	6 g	15.79%	24%
Sugars	28 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	130 mg	144.44%	173.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	6 mg	0.18%	0.23%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer

### Events

Picnic

### Nutritional Content

Low Sodium

### Course

Salads

Drinks

Sauces & Dressings

### Cultural

Chinese New Year

Diwali

### Cost

\$10 to \$20

\$20 to \$30

### Demographics

Senior Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

The Gerson Therapy

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Easy

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