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Power Smoothies, Muscle Blaster, with Turbinado ••

This Power Smoothie recipe is perfect for muscle building and energy boosting. It contains a blend of nutritious ingredients that will fuel your body and help you recover after a workout. The addition of Turbinado sugar adds a touch of sweetness and enhances the flavor of the smoothie. Enjoy this refreshing and energizing drink!

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

| | |
|--------|----------------|
| 100 g | Banana |
| 50 g | spinach |
| 250 ml | almond milk |
| 30 g | protein powder |

20 g turbinado sugar

Directions

Step 1

Blender

Add the banana, spinach, almond milk, protein powder, and turbinado sugar to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Pour into a glass and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 20 g | 117.65% | 117.65% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 15 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 2 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 5 g | 17.86% | 20% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|---------|------------------------|--------------------------|
| Vitamin A | 1000 iu | 111.11% | 142.86% |
| Vitamin C | 30 mg | 33.33% | 40% |
| Vitamin B6 | 1 mg | 76.92% | 76.92% |
| Vitamin B12 | 1 mcg | 41.67% | 41.67% |
| Vitamin E | 5 mg | 33.33% | 33.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 150 mg | 6.52% | 6.52% |
| Calcium | 300 mg | 30% | 30% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron | 3 mg | 37.5% | 16.67% |
| Potassium | 500 mg | 14.71% | 19.23% |
| Zinc | 2 mg | 18.18% | 25% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Events

Christmas

Mother's Day

Father's Day

Baby Shower

Barbecue

Game Day

Nutritional Content

Low Calorie

Low Fat

Low Sodium

High Vitamin C

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Christmas

Demographics

Kids Friendly

Meal Type

Snack

Supper

Difficulty Level

Medium

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