



Banana Celery Smoothie



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 3 bananas ripe
- ☐ 3 celery stalks
- ☐ 1 cup nut milk good (Brazil nut milk is great, but almond milk is also a option)
- ☐ 2 tablespoon chia seeds
- ☐ 1 tablespoon hemp seeds / hemp hearts hulled
- ☐ 1 tablespoon maca powder
- ☐ 1 cup ice cubes

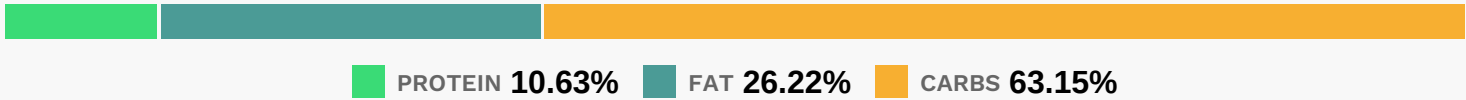
Equipment

☐ blender

Directions

- ☐ Put the bananas, celery, nut mlk, chia seeds, nut butter or seeds, maca powder, and ice in your blender. Puree until smooth.
- ☐ Divide the smoothie between two glasses.

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:19.61, Inflammation Score:-6, Nutrition Score:14.527826143348%

Flavonoids

Catechin: 10.8mg, Catechin: 10.8mg, Catechin: 10.8mg, Catechin: 10.8mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 292.69kcal (14.63%), Fat: 9.16g (14.09%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 39.19g (14.25%), Sugar: 22.8g (25.33%), Cholesterol: 0mg (0%), Sodium: 176.9mg (7.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.71%), Fiber: 10.43g (41.7%), Manganese: 0.81mg (40.54%), Vitamin B6: 0.65mg (32.7%), Calcium: 270.94mg (27.09%), Phosphorus: 227.8mg (22.78%), Magnesium: 89.83mg (22.46%), Potassium: 778.1mg (22.23%), Vitamin C: 16.98mg (20.58%), Iron: 2.79mg (15.51%), Copper: 0.27mg (13.5%), Vitamin B3: 2.44mg (12.19%), Selenium: 8.42µg (12.03%), Folate: 43.44µg (10.86%), Vitamin B1: 0.16mg (10.55%), Vitamin B2: 0.17mg (9.88%), Vitamin B5: 0.61mg (6.06%), Zinc: 0.83mg (5.56%), Vitamin A: 185.55IU (3.71%), Vitamin K: 2.64µg (2.52%), Vitamin E: 0.25mg (1.69%)