



Banana Coconut Fitness Booster



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 2 bananas peeled sliced
- ☐ 0.5 cup coconut milk
- ☐ 4 servings coconut or dried grated for topping
- ☐ 1 tablespoon honey
- ☐ 1 juice of lemon
- ☐ 1.5 cups milk
- ☐ 0.5 cup orange juice

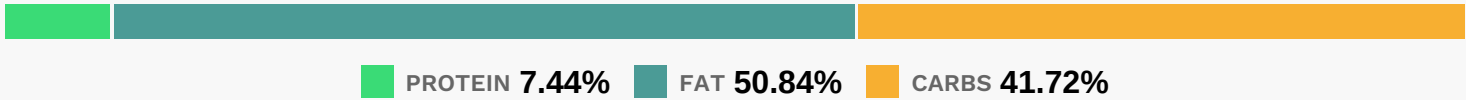
Equipment

☐ blender

Directions

- ☐ Combine the first six ingredients in a blender. If you like it more sweet use 2 tablespoons of honey.2 Blend thoroughly.3
- ☐ Pour into glass and sprinkle with grated coocnut.4 NOTE: You should use a mild honey. You can replace honey by maple syrup. Adjust the sweetness to your taste.5 NOTE: If you like the booster cold put it into the fridge for about 1 hour.6 Serving tip: spread a very little amount of honey on the edge of the glas and dip it into grated coconut.

Nutrition Facts



Properties

Glycemic Index:73.51, Glycemic Load:12.82, Inflammation Score:-5, Nutrition Score:10.360869532046%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 260.62kcal (13.03%), Fat: 15.68g (24.13%), Saturated Fat: 12.84g (80.27%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 25.69g (9.34%), Sugar: 19.44g (21.6%), Cholesterol: 10.98mg (3.66%), Sodium: 43.33mg (1.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Manganese: 0.66mg (33.19%), Vitamin C: 23.99mg (29.08%), Vitamin B6: 0.33mg (16.37%), Phosphorus: 159.2mg (15.92%), Potassium: 537.38mg (15.35%), Magnesium: 52.87mg (13.22%), Fiber: 3.26g (13.04%), Calcium: 127.36mg (12.74%), Vitamin B2: 0.19mg (11.28%), Copper: 0.21mg (10.31%), Iron: 1.51mg (8.38%), Vitamin B12: 0.49µg (8.23%), Vitamin B1: 0.11mg (7.43%), Vitamin B5: 0.73mg (7.34%), Folate: 27.56µg (6.89%), Vitamin D: 1.01µg (6.71%), Selenium: 4.26µg (6.08%), Zinc: 0.85mg (5.69%), Vitamin A: 248.44IU (4.97%), Vitamin B3: 0.87mg (4.33%), Vitamin E: 0.17mg (1.15%)