



Breakfast Banana Blueberry Smoothie



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana very ripe
- ☐ 1 cup blueberries frozen
- ☐ 0.5 cup vanilla dairy-free milk beverage plain unsweetened
- ☐ 0.5 cup baby spinach leaves fresh (optional, but do try!)
- ☐ 1 tablespoon ground flaxseed

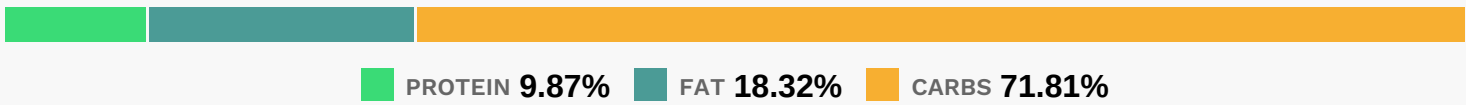
Equipment

- ☐ blender

Directions

- ☐ Put the banana, frozen blueberries, cup milk beverage, spinach, seed meal or seeds, and cinnamon (if using) in your blender. Blend until smooth, about 1 minute.
- ☐ For a thinner smoothie, blend in up to cup more milk beverage. For a frostier treat, blend in the ice.
- ☐ Taste test and blend in sweetener, if desired.
- ☐ Pour into 1 or 2 glasses to serve immediately.

Nutrition Facts



Properties

Glycemic Index:192.19, Glycemic Load:21.53, Inflammation Score:-9, Nutrition Score:26.380869595901%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 15.03mg, Catechin: 15.03mg, Catechin: 15.03mg, Catechin: 15.03mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg Gallic acid: 0.18mg, Gallic acid: 0.18mg, Gallic acid: 0.18mg, Gallic acid: 0.18mg

Nutrients (% of daily need)

Calories: 283.31kcal (14.17%), Fat: 6.24g (9.6%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 55g (18.33%), Net Carbohydrates: 45.67g (16.61%), Sugar: 32.29g (35.88%), Cholesterol: 0mg (0%), Sodium: 75.61mg (3.29%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.56g (15.12%), Vitamin K: 101.9µg (97.05%), Manganese: 1.12mg (56.21%), Vitamin C: 37.38mg (45.3%), Vitamin B6: 0.85mg (42.37%), Vitamin A: 2025.73IU (40.51%), Fiber: 9.33g (37.33%), Vitamin E: 4.26mg (28.41%), Vitamin B3: 5.61mg (28.06%), Folate: 105.43µg (26.36%), Vitamin B2: 0.42mg (24.78%), Potassium: 843.39mg (24.1%), Copper: 0.43mg (21.32%), Calcium: 212.68mg (21.27%), Vitamin B12: 1.27µg (21.24%), Magnesium: 80.03mg (20.01%), Vitamin B1: 0.29mg (19.4%), Iron: 2.11mg (11.71%), Phosphorus: 96.01mg (9.6%), Vitamin D: 1.42µg (9.44%), Selenium: 5.97µg (8.53%), Zinc: 1.08mg (7.2%), Vitamin B5: 0.66mg (6.56%)