



Cashew Apple Green Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 banana peeled cut into chunks
- ☐ 0.3 cup cashew pieces raw unsalted
- ☐ 1 tsp cinnamon
- ☐ 1 gala apple organic ripe cut into chunks, core discarded
- ☐ 16 ice cubes or as needed ()
- ☐ 2 cups baby spinach fresh organic (not mature kale-- baby kale is more tender and will blend up creamier)
- ☐ 0.3 tsp nutmeg
- ☐ 1 tsp agave nectar to taste (I use 1 packet of Truvia)

☐ 1 cup water cold plus more for soaking

Equipment

☐ blender

Directions

☐ Save Recipe

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☐ Cashew Apple Green Smoothie

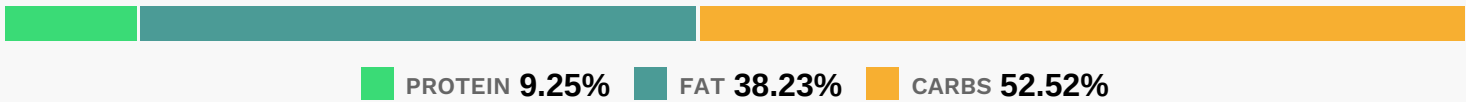
☐ Ingredients1/3 cup raw unsalted cashews1 cup cold water, plus more for soaking1 organic ripe Fuji or gala apple cut into chunks, core discarded1/2 banana, peeled and cut into chunks2 cups fresh organic baby spinach or baby kale (not mature kale-- baby kale is more tender and will blend up creamier)16 ice cubes (or as needed)1 tsp cinnamon1/4 tsp nutmeg1 tsp stevia or 1 tbsp agave nectar, or more to taste (I use 1 packet of Truvia)You will also needA blender (powerful blender like a Vitamix is best, but any countertop blender will do)

☐ Total Time: 5 Minutes

☐ Servings: 2

☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:116.99, Glycemic Load:8.65, Inflammation Score:-9, Nutrition Score:18.932608676993%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg

Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 214.72kcal (10.74%), Fat: 9.93g (15.27%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 25.61g (9.31%), Sugar: 16.91g (18.79%), Cholesterol: 0mg (0%), Sodium: 39.31mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.81%), Vitamin K: 155.56µg (148.16%), Vitamin A: 2885.24IU (57.7%), Manganese: 0.97mg (48.58%), Copper: 0.6mg (30.14%), Magnesium: 102.62mg (25.65%), Fiber: 5.07g (20.3%), Vitamin C: 15.93mg (19.31%), Folate: 73.53µg (18.38%), Phosphorus: 160.15mg (16.01%), Vitamin B6: 0.3mg (15.21%), Potassium: 518.98mg (14.83%), Iron: 2.55mg (14.19%), Zinc: 1.54mg (10.24%), Vitamin B1: 0.14mg (9.63%), Selenium: 4.98µg (7.11%), Vitamin B2: 0.12mg (7.1%), Vitamin E: 1.06mg (7.07%), Calcium: 65.07mg (6.51%), Vitamin B3: 0.77mg (3.85%), Vitamin B5: 0.36mg (3.64%)