



Coconut Cream Pie Vegan Milkshake

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



279 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup coconut meat fresh
- 1 tablespoon juice of lemon
- 1 tablespoon coconut oil
- 1 cup lite coconut milk light
- 1 banana frozen ripe
- 1 teaspoon vanilla extract pure
- 2 tablespoons graham cracker crumbs (check label to ensure it is vegan)
- 1 tablespoon coconut flakes toasted

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3 servings ice cubes

Equipment

blender

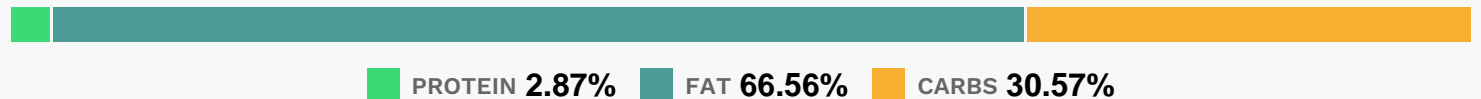
Directions

Combine coconut meat, lemon juice, coconut oil, coconut milk, banana, vanilla, agave nectar (optional) and graham cracker crumbs in a blender; pulse until smooth.

Top with soy or dairy based whip cream, sprinkle with additional graham crackers and garnish with toasted coconut flakes.

Serves 2-3

Nutrition Facts



Properties

Glycemic Index:53.59, Glycemic Load:8.12, Inflammation Score:-1, Nutrition Score:5.6021739130435%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Taste

Sweetness: 100%, Saltiness: 0.96%, Sourness: 39.04%, Bitterness: 11.74%, Savoriness: 14.12%, Fattiness: 47.47%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 279.04kcal (13.95%), Fat: 20.96g (32.24%), Saturated Fat: 18.27g (114.17%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 17.45g (6.35%), Sugar: 8.53g (9.48%), Cholesterol: 0mg (0%), Sodium: 109.42mg (4.76%), Alcohol: 0.46g (2.55%), Protein: 2.03g (4.06%), Manganese: 0.6mg (30.07%), Fiber: 4.21g (16.83%), Copper: 0.19mg

(9.3%), Vitamin B6: 0.18mg (8.9%), Potassium: 272.77mg (7.79%), Vitamin C: 6.29mg (7.62%), Magnesium: 27.11mg (6.78%), Iron: 1.14mg (6.36%), Phosphorus: 59.6mg (5.96%), Selenium: 3.71µg (5.3%), Folate: 19.17µg (4.79%), Zinc: 0.56mg (3.73%), Vitamin B3: 0.69mg (3.44%), Vitamin B2: 0.06mg (3.26%), Vitamin B1: 0.05mg (3.22%), Vitamin B5: 0.25mg (2.45%), Calcium: 14.01mg (1.4%)