


Delicious Limeade Triple Berry Smoothies


 **Gluten Free**

READY IN




10 min.

SERVINGS



2

CALORIES



258 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST
- BEVERAGE

Ingredients

- 2 cups poached berries mixed frozen
- 1 banana frozen
- 0.5 cup greek yogurt
- 1 cup vanilla almond milk
- 1 cup limeade more as needed
- 1 tablespoon ground flaxseed

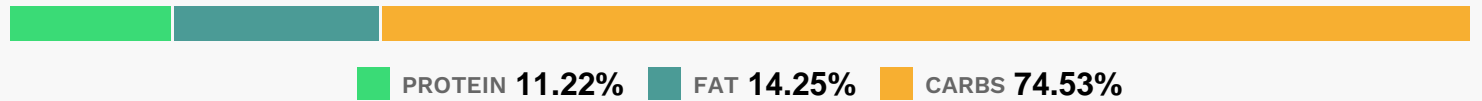
Equipment

- blender

Directions

- Add all of the ingredients to the pitcher of your blender. Pulse 3–4 times to break up the ingredients and then turn the blender on full speed. Blend for about a minute or until completely smooth. This amount of time will depend on how powerful your blender is. It may take longer (or shorter!).
- Add more liquid as needed. This will also depend on how much water your fruit releases. If it's too thick, add more almond milk or limeade until the smoothie reaches your desired consistency.
- Serve the smoothies immediately or pour into an airtight, freezer-safe container and freeze for up to 2 months. Defrost in the refrigerator for 24 hours before serving.

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:6.55, Inflammation Score:-5, Nutrition Score:10.632173913043%

Flavonoids

Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Taste

Sweetness: 100%, Saltiness: 11.49%, Sourness: 16.36%, Bitterness: 13.16%, Savoriness: 13.21%, Fattiness: 42.24%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 258.25kcal (12.91%), Fat: 4.35g (6.69%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 51.19g (17.06%), Net Carbohydrates: 44.14g (16.05%), Sugar: 36.1g (40.12%), Cholesterol: 2.5mg (0.83%), Sodium: 191.19mg (8.31%),

Protein: 7.71g (15.42%), Fiber: 7.05g (28.2%), Vitamin K: 25.87µg (24.63%), Manganese: 0.48mg (23.93%), Calcium: 229.78mg (22.98%), Vitamin B6: 0.36mg (17.83%), Vitamin B2: 0.25mg (14.5%), Phosphorus: 120.5mg (12.05%), Potassium: 393.88mg (11.25%), Vitamin C: 9.03mg (10.94%), Magnesium: 42.9mg (10.73%), Selenium: 6.58µg (9.41%), Vitamin B1: 0.14mg (9.09%), Copper: 0.15mg (7.42%), Folate: 29.2µg (7.3%), Vitamin B3: 1.41mg (7.06%), Vitamin B5: 0.59mg (5.91%), Vitamin B12: 0.35µg (5.83%), Vitamin E: 0.82mg (5.46%), Zinc: 0.61mg (4.09%), Iron: 0.67mg (3.71%), Vitamin A: 111.06IU (2.22%)