



## Cherry Coconut Milk Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 banana frozen sliced ()
- 2 cups cherries fresh pitted
- 0.7 cup coconut milk
- 0.3 cup vanilla hemp milk as needed
- 1 teaspoon vanilla

### Equipment

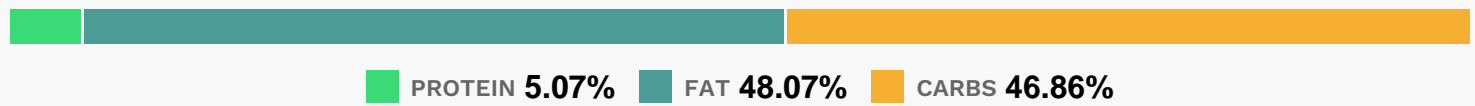
- baking sheet
- baking paper

blender

## Directions

- Combine all of the ingredients in a blender and process until smooth.
- Add a bit more almond or hemp milk if the mixture is too thick. Tip: To freeze bananas for smoothies, peel the banana and cut into slices.
- Place the slices on a baking sheet lined with parchment paper and freeze. Once frozen, transfer to a freezer-friendly container or freezer bag. The bananas will freeze well for up to 4 to 6 months.

## Nutrition Facts



## Properties

Glycemic Index:86.89, Glycemic Load:12.8, Inflammation Score:-6, Nutrition Score:15.08347826087%

## Flavonoids

Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg Catechin: 9.62mg, Catechin: 9.62mg, Catechin: 9.62mg, Catechin: 9.62mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 305.09kcal (15.25%), Fat: 17.36g (26.71%), Saturated Fat: 14.45g (90.32%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 33.47g (12.17%), Sugar: 25.12g (27.91%), Cholesterol: 0mg (0%), Sodium: 33.51mg (1.46%), Alcohol: 0.69g (3.82%), Protein: 4.12g (8.24%), Vitamin D: 19.67µg (131.11%), Manganese: 0.84mg (41.95%), Potassium: 704.3mg (20.12%), Iron: 3.43mg (19.08%), Fiber: 4.76g (19.03%), Magnesium: 75.84mg (18.96%), Vitamin C: 15.55mg (18.84%), Phosphorus: 171.76mg (17.18%), Vitamin B6: 0.31mg (15.29%), Copper: 0.3mg (14.91%), Vitamin B2: 0.17mg (10.18%), Calcium: 83.84mg (8.38%), Folate: 27.87µg (6.97%), Vitamin B1: 0.09mg (6.13%), Vitamin B5: 0.59mg (5.88%), Vitamin B3: 1.09mg (5.47%), Vitamin A: 208.02IU (4.16%), Vitamin B12: 0.25µg (4.1%), Zinc: 0.61mg (4.06%), Vitamin K: 3.19µg (3.04%), Vitamin E: 0.35mg (2.35%)