



Granola Berry-Banana Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



622 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 12 oz yogurt mixed red yoplait®
- 0.5 cup milk
- 0.5 cup cashew pieces fresh
- 1 banana sliced
- 3 oz crunchy peanut butter (4 bars)

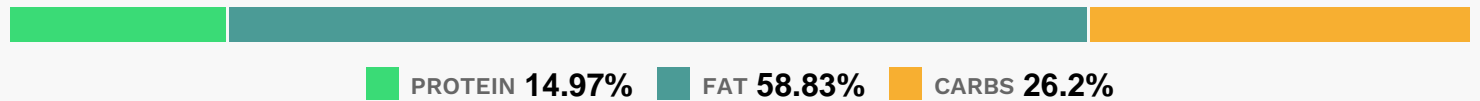
Equipment

- blender

Directions

- In blender, place yogurt, milk, strawberry halves and banana slices. Break up 3 granola bars; add to blender. Cover and blend on high speed 10 sec. Scrape sides.
- Cover and blend about 20 sec longer or until smooth.
- Pour into 2 glasses. Crumble remaining bar; sprinkle in each glass.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.49, Glycemic Load:11.3, Inflammation Score:-8, Nutrition Score:26.12260864092%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 621.68kcal (31.08%), Fat: 43.05g (66.24%), Saturated Fat: 10.51g (65.69%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 37.14g (13.5%), Sugar: 23.54g (26.16%), Cholesterol: 29.43mg (9.81%), Sodium: 312.55mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.31%), Manganese: 1.47mg (73.39%), Phosphorus: 563.08mg (56.31%), Magnesium: 205.87mg (51.47%), Copper: 1.02mg (50.78%), Vitamin B3: 6.75mg (33.75%), Calcium: 314.87mg (31.49%), Potassium: 1096.03mg (31.32%), Vitamin B6: 0.62mg (31.02%), Zinc: 4.39mg (29.28%), Vitamin B2: 0.43mg (25.57%), Fiber: 6g (24%), Selenium: 15.4µg (21.99%), Vitamin E: 3.16mg (21.07%), Vitamin B1: 0.28mg (18.88%), Vitamin B5: 1.84mg (18.4%), Iron: 3.2mg (17.78%), Folate: 70.89µg (17.72%), Vitamin B12: 0.96µg (15.98%), Vitamin K: 12.03µg (11.46%), Vitamin C: 6.14mg (7.45%), Vitamin A: 304.98IU (6.1%), Vitamin D: 0.84µg (5.61%)