



Minty Matcha Smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 2 cups coconut milk beverage plain your favorite (or milk alternative)
- ☐ 2 teaspoons matcha / tea powder green
- ☐ 0.3 Teaspoon mint extract
- ☐ 1 teaspoon vanilla extract

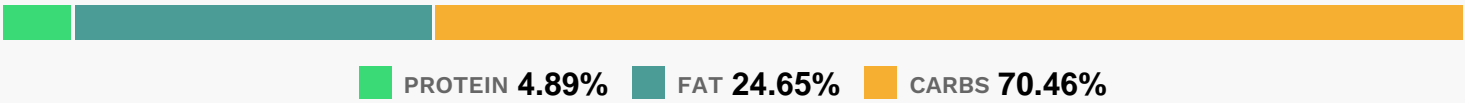
Equipment

- ☐ blender

Directions

- ☐
- Place everything into your blender and let it rip.Once the mixture is homogeneous, pour half of it into ice cube trays (place the remaining mixture in the refrigerator) and set that on an even surface in your freezer. Allow it to freeze completely, this should take about 3 to 4 hours.Once frozen, return the smoothie cubes and reserved liquid to the blender jar, and process once more until smooth.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:3.14, Inflammation Score:-6, Nutrition Score:9.4473912289123%

Nutrients (% of daily need)

Calories: 173.27kcal (8.66%), Fat: 4.54g (6.98%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 28.16g (10.24%), Sugar: 25.88g (28.76%), Cholesterol: 0mg (0%), Sodium: 1.33mg (0.06%), Alcohol: 0.86g (100%), Alcohol %: 0.4% (100%), Protein: 2.03g (4.05%), Vitamin D: 118µg (786.67%), Vitamin B12: 2.95µg (49.17%), Magnesium: 39.85mg (9.96%), Calcium: 98.73mg (9.87%), Folate: 31.85µg (7.96%), Vitamin K: 6.19µg (5.89%), Vitamin C: 4.68mg (5.67%), Iron: 0.75mg (4.15%), Fiber: 1.02g (4.09%), Vitamin A: 200IU (4%), Zinc: 0.6mg (3.97%), Vitamin B6: 0.06mg (3.25%), Vitamin B2: 0.05mg (2.81%), Vitamin B1: 0.03mg (2.26%), Vitamin E: 0.27mg (1.8%)