



Pumped-Up Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 tablespoon agave nectar
- ☐ 1 small banana
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 teaspoons ground flaxseed
- ☐ 2 teaspoons hemp oil
- ☐ 1 cup ice cubes
- ☐ 1 small cranberry-orange relish peeled
- ☐ 1 tablespoon pumpkin seeds raw

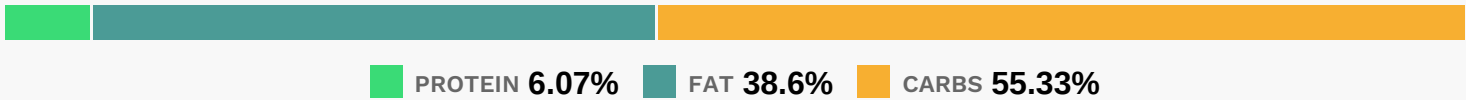
Equipment

☐ blender

Directions

- ☐ In a blender, pure first 8 ingredients (through cloves) until smooth.
- ☐ Pour into 2 glasses and sprinkle with pumpkin and hemp seeds, if desired; serve immediately.
- ☐ (Recipe adapted from Thrive by Brendan Brazier)

Nutrition Facts



Properties

Glycemic Index:77.14, Glycemic Load:8.74, Inflammation Score:-5, Nutrition Score:7.9465217486672%

Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg Naringenin: 7.35mg, Naringenin: 7.35mg, Naringenin: 7.35mg, Naringenin: 7.35mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 180.1kcal (9.01%), Fat: 8.18g (12.59%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 23.02g (8.37%), Sugar: 17.89g (19.88%), Cholesterol: 0mg (0%), Sodium: 8.14mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Vitamin C: 31.82mg (38.57%), Manganese: 0.5mg (25.04%), Magnesium: 57.49mg (14.37%), Fiber: 3.37g (13.5%), Vitamin B6: 0.26mg (12.79%), Potassium: 326.08mg (9.32%), Phosphorus: 92.56mg (9.26%), Copper: 0.17mg (8.64%), Folate: 32.32µg (8.08%), Vitamin B1: 0.12mg (7.79%), Vitamin B2: 0.08mg (4.97%), Vitamin B3: 0.86mg (4.28%), Iron: 0.76mg (4.22%), Zinc: 0.6mg (4.02%), Vitamin B5: 0.35mg (3.47%), Calcium: 33.57mg (3.36%), Vitamin K: 3.24µg (3.09%), Vitamin A: 141.32IU (2.83%), Selenium: 1.91µg (2.73%), Vitamin E: 0.37mg (2.44%)