



Smoky Joe's Blueberry Smoothie



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup dairy free original almond plus almond milk beverage for nut-free] so delicious®
- ☐ 2 bananas fresh frozen
- ☐ 1 cup blueberries fresh ()
- ☐ 1 tablespoon cacao nibs raw
- ☐ 0.5 cup dairy free cultured coconut milk plain so delicious®
- ☐ 1 tablespoon ground flaxseed
- ☐ 1 tablespoon blackstrap molasses
- ☐ 2 servings water as needed

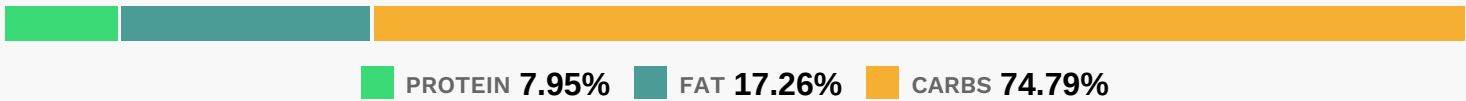
Equipment

☐ blender

Directions

☐ Add the almond milk, coconut milk, blueberries, molasses, flaxseed, cacao and b ananas to your blender, in that order, and blend until smooth.Blend in about a 1/2 cup water, more or less, depending on how thick you want your smoothie.

Nutrition Facts



Properties

Glycemic Index:102.1, Glycemic Load:20.54, Inflammation Score:-7, Nutrition Score:16.180434807487%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 12.73mg, Catechin: 12.73mg, Catechin: 12.73mg, Catechin: 12.73mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 244.64kcal (12.23%), Fat: 5.14g (7.9%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 42.76g (15.55%), Sugar: 30.95g (34.39%), Cholesterol: 0mg (0%), Sodium: 211.02mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 5.32g (10.65%), Manganese: 0.9mg (45.15%), Vitamin B6: 0.7mg (34.78%), Fiber: 7.34g (29.34%), Calcium: 282.66mg (28.27%), Vitamin C: 21.71mg (26.32%), Magnesium: 89.06mg (22.27%), Potassium: 775.07mg (22.14%), Copper: 0.43mg (21.54%), Vitamin B3: 3.29mg (16.46%), Vitamin B2: 0.25mg (14.46%), Vitamin K: 15.09µg (14.37%), Vitamin E: 2.04mg (13.6%), Folate: 50.76µg (12.69%), Vitamin B1: 0.16mg (10.93%), Vitamin B12: 0.64µg (10.62%), Iron: 1.82mg (10.13%), Selenium: 5.64µg (8.05%), Phosphorus: 78.76mg (7.88%), Vitamin A: 347.35IU (6.95%), Vitamin B5: 0.61mg (6.07%), Zinc: 0.81mg (5.41%), Vitamin D: 0.71µg (4.72%)