



Summer Spiced Apricot Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 3 apricots ripe
- ☐ 1 banana frozen small to medium ripe (see sub options below)
- ☐ 0.5 ounce cashew pieces for nut-free (see note below)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground flaxseed
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.5 cup milk alternative unsweetened (or vanilla, almond, coconut, or rice beverage!)
- ☐ 1 pinch salt

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 1 serving sweetener to taste (see below)

Equipment

☐

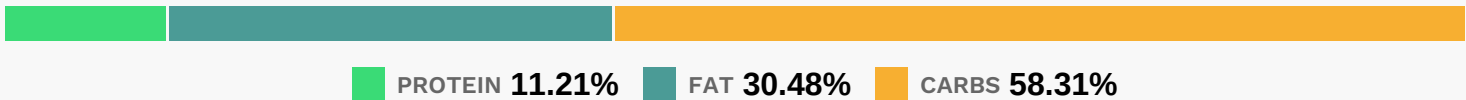
 blender

Directions

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 Place the apricots through salt in your blender, give it a few pulses to break things up, and whiz away until smooth (start with just 1/2 cup of the milk alternative and add more if desired once the mixture is smooth).Taste test and blend in sweetener to taste. If a frostier treat is in order, blend in ice to desired consistency.

Nutrition Facts



Properties

Glycemic Index:196.64, Glycemic Load:20.18, Inflammation Score:-9, Nutrition Score:18.813478262528%

Flavonoids

Catechin: 11.05mg, Catechin: 11.05mg, Catechin: 11.05mg, Catechin: 11.05mg Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 319.76kcal (15.99%), Fat: 11.78g (18.12%), Saturated Fat: 3.61g (22.59%), Carbohydrates: 50.7g (16.9%), Net Carbohydrates: 43.46g (15.8%), Sugar: 31.1g (34.56%), Cholesterol: 14.64mg (4.88%), Sodium: 89.77mg (3.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.5%), Vitamin A: 2297.01IU (45.94%), Manganese: 0.86mg (42.96%), Vitamin B6: 0.64mg (31.76%), Potassium: 992.67mg (28.36%), Phosphorus: 270.97mg (27.1%), Magnesium: 107.07mg (26.77%), Fiber: 6.48g (25.93%), Copper: 0.51mg (25.68%), Vitamin C: 20.87mg (25.3%), Calcium: 185.27mg (18.53%), Vitamin B2: 0.31mg (18.15%), Vitamin B1: 0.23mg (15.29%), Vitamin B5: 1.25mg (12.46%), Zinc: 1.81mg (12.08%), Vitamin B12: 0.66µg (10.98%), Iron: 1.87mg (10.38%), Selenium: 7.09µg (10.12%), Folate: 38.4µg (9.6%), Vitamin K: 9.5µg (9.05%), Vitamin D: 1.34µg (8.95%), Vitamin B3: 1.79mg (8.93%), Vitamin E: 1.26mg (8.39%)