



Super Mud Smoothie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana
- ☐ 0.5 cup greek yoghurt
- ☐ 0.5 cup milk
- ☐ 1 cup orange juice freshly squeezed
- ☐ 150 g raspberries
- ☐ 50 g pkt spinach

Equipment

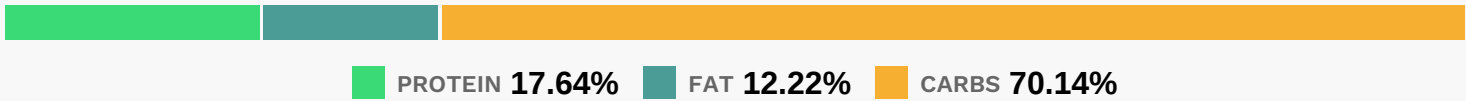
- ☐ food processor

- ☐ sieve
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Squeeze enough oranges to a cup with juice.
- ☐ Wilt the spinach. I like to pop the spinach in a colander and pour over a kettle full of boiling water, then pour cold water over the spinach to refresh it, then squeeze out the excess water before drying on a clean tea towel.
- ☐ Add the orange juice, spinach, raspberries and banana to a food processor and whizz until smooth.
- ☐ Add the milk and yoghurt and whizz until combined.
- ☐ Strain the smoothie through a sieve to catch any large pieces of spinach.
- ☐ Enjoy.

Nutrition Facts



Properties

Glycemic Index:67.59, Glycemic Load:10.24, Inflammation Score:-9, Nutrition Score:17.863478515459%

Flavonoids

Cyanidin: 22.89mg, Cyanidin: 22.89mg, Cyanidin: 22.89mg, Cyanidin: 22.89mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Myricetin: 0.1mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 146.77kcal (7.34%), Fat: 2.11g (3.25%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 22.43g (8.16%), Sugar: 17.07g (18.97%), Cholesterol: 6.55mg (2.18%), Sodium: 42.34mg (1.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin K: 84.8µg (80.76%), Vitamin C: 62.54mg (75.8%), Vitamin A: 1837.05IU (36.74%), Manganese: 0.61mg (30.34%), Folate: 77.83µg (19.46%), Fiber: 4.8g (19.22%), Potassium: 582.65mg (16.65%), Vitamin B2: 0.25mg (14.93%), Vitamin B6: 0.28mg (14.18%), Phosphorus: 131.78mg (13.18%), Magnesium: 52.43mg (13.11%), Calcium: 127.08mg (12.71%), Vitamin B1: 0.15mg (9.71%), Vitamin B12: 0.45µg (7.55%), Vitamin B5: 0.73mg (7.26%), Copper: 0.14mg (6.99%), Selenium: 4.82µg (6.88%), Iron: 1.09mg (6.04%), Vitamin E: 0.87mg (5.8%), Vitamin B3: 1.12mg (5.62%), Zinc: 0.74mg (4.95%), Vitamin D: 0.45µg (2.98%)