

Vanilla Bean Coconut Yogurt Smoothie



Vegetarian



Gluten Free

READY IN



27 min.

SERVINGS



2

CALORIES



386 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 coconut water frozen
- ☐ 2 cups greek yogurt
- ☐ 0.5 cup honey
- ☐ 1 teaspoon torn mint leaves fresh for garnish
- ☐ 1 vanilla pod split
- ☐ 0.5 water

Equipment

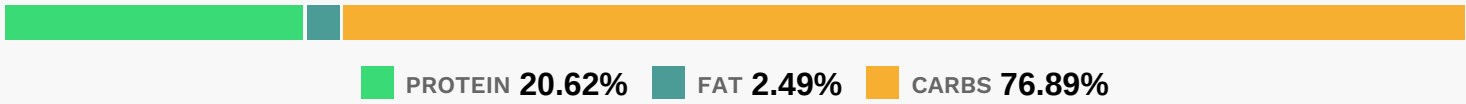
- ☐ sauce pan

☐ blender

Directions

- ☐ Combine the water, honey and vanilla bean pod in a small saucepan over low heat. Simmer for 7 to 9 minutes, stirring occasionally, to allow the vanilla to infuse into the honey.
- ☐ Remove the vanilla pod and allow the mixture to cool completely, about 10 to 15 minutes.
- ☐ In a blender, combine some of the vanilla honey with the yogurt, mint and 1/2 tray of frozen coconut water cubes, or more for desired consistency. Puree until smooth, then pour into glasses and garnish with a sprig of fresh mint.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.64, Glycemic Load:36.43, Inflammation Score:-1, Nutrition Score:8.6052174419165%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 385.74kcal (19.29%), Fat: 1.12g (1.72%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 77.78g (25.93%), Net Carbohydrates: 77.6g (28.22%), Sugar: 76.15g (84.61%), Cholesterol: 10mg (3.33%), Sodium: 76.71mg (3.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.73%), Vitamin B2: 0.59mg (34.99%), Selenium: 20.49µg (29.27%), Phosphorus: 275.63mg (27.56%), Vitamin B12: 1.4µg (23.33%), Calcium: 227.6mg (22.76%), Potassium: 328.85mg (9.4%), Zinc: 1.25mg (8.32%), Vitamin B6: 0.15mg (7.44%), Vitamin B5: 0.72mg (7.2%), Magnesium: 24.03mg (6.01%), Manganese: 0.09mg (4.39%), Folate: 15.78µg (3.95%), Copper: 0.07mg (3.29%), Vitamin B1: 0.04mg (2.96%), Iron: 0.5mg (2.79%), Vitamin B3: 0.53mg (2.63%)