



WHATSheATE

- 2 Tbsp Vanilla Hemp Protein
- 2 cups Vanilla Hemp Bliss
- 1 banana
- 1 cup blueberries



HEALTH SCORE

64%



Vanilla Berry Hemp Bliss Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 banana frozen ripe (if possible, and broken into chunks)



1 cup blueberries



2 cups vanilla hemp milk alternative



2 tablespoons vanilla hemp protein

Equipment

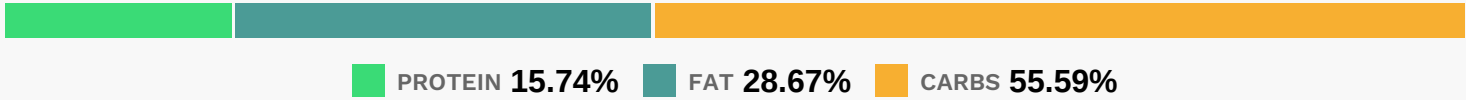


blender

Directions

- ☐ Place all ingredients in your blender and process until smooth and creamy.
- ☐ Pour into 2 glasses to serve.

Nutrition Facts



Properties

Glycemic Index:47.39, Glycemic Load:10.11, Inflammation Score:-8, Nutrition Score:17.863912958166%

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: 7.51mg, Catechin: 7.51mg, Catechin: 7.51mg, Catechin: 7.51mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 194.8kcal (9.74%), Fat: 6.19g (9.52%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 21.22g (7.72%), Sugar: 14.92g (16.58%), Cholesterol: 0mg (0%), Sodium: 139mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin D: 118µg (786.67%), Phosphorus: 366.02mg (36.6%), Vitamin B2: 0.57mg (33.47%), Calcium: 308.06mg (30.81%), Fiber: 6.74g (26.96%), Vitamin B12: 1.48µg (24.58%), Manganese: 0.41mg (20.4%), Magnesium: 79.37mg (19.84%), Iron: 2.76mg (15.34%), Vitamin C: 12.31mg (14.92%), Vitamin K: 14.58µg (13.88%), Vitamin B6: 0.25mg (12.75%), Vitamin A: 569.38IU (11.39%), Vitamin E: 1.66mg (11.07%), Vitamin B1: 0.16mg (10.91%), Potassium: 376.36mg (10.75%), Copper: 0.09mg (4.41%), Folate: 16.24µg (4.06%), Vitamin B3: 0.7mg (3.51%), Vitamin B5: 0.29mg (2.89%), Zinc: 0.21mg (1.38%)