

Vegan smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



135 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 100 ml cherry juice () (we used Cherrygood)
- ☐ 200 ml soya milk unsweetened ()
- ☐ 1 cherry soya yogurt
- ☐ 3 tbsp g silken tofu firm
- ☐ 75 g cherry frozen (1 empty yogurt pot)
- ☐ 2 tbsp porridge oat

Equipment

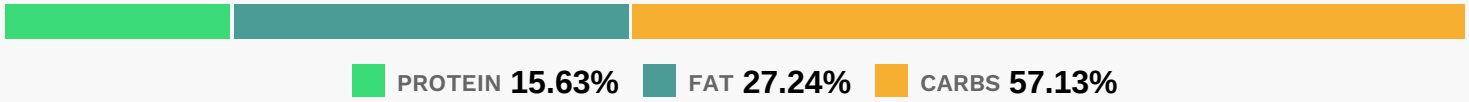
- ☐ pot

☐ blender

Directions

- ☐ Measure all the ingredients exactly or use a tall glass and your empty yogurt pot for speed they dont have to be exact.
- ☐ Put them into a blender and blitz until smooth.
- ☐ Pour into 1 tall glass (youll have enough for a top up) or two short tumblers.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:3.89, Inflammation Score:-3, Nutrition Score:5.4713044166565%

Flavonoids

Cyanidin: 11.33mg, Cyanidin: 11.33mg, Cyanidin: 11.33mg, Cyanidin: 11.33mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 135.3kcal (6.77%), Fat: 4.21g (6.48%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 18.83g (6.85%), Sugar: 15.1g (16.78%), Cholesterol: 12.44mg (4.15%), Sodium: 45.25mg (1.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Calcium: 144.66mg (14.47%), Phosphorus: 137.5mg (13.75%), Potassium: 374.04mg (10.69%), Vitamin B2: 0.17mg (9.8%), Vitamin B12: 0.56µg (9.31%), Vitamin D: 1.13µg (7.57%), Vitamin B1: 0.1mg (6.75%), Magnesium: 26.93mg (6.73%), Manganese: 0.12mg (5.75%), Vitamin B5: 0.51mg (5.07%), Zinc: 0.71mg (4.76%), Fiber: 1.06g (4.23%), Vitamin B6: 0.08mg (4.23%), Iron: 0.75mg (4.15%), Copper: 0.08mg (4.01%), Selenium: 2.76µg (3.94%), Vitamin A: 191.57IU (3.83%), Vitamin C: 2.63mg (3.18%), Vitamin B3: 0.27mg (1.33%), Vitamin K: 1.14µg (1.09%)