



Vegan Strawberry Shortcake Smoothie

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



5 min.

SERVINGS



2

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1.5 cups vanilla almond milk plain unflavored unsweetened homemade store bought (or)
- 1 tablespoon ground flaxseed
- 1 teaspoon maca powder (optional, see notes)
- 3 medjool dates pitted (see notes)
- 1 tablespoon protein powder such as pea or hemp
- 12 ounces strawberries frozen
- 2 teaspoons vanilla

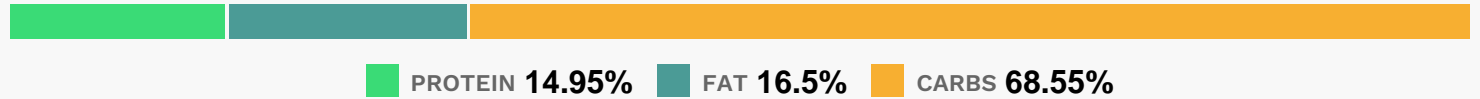
Equipment

blender

Directions

Combine berries, almond milk, dates, flax seed, protein powder, vanilla, and maca powder in blender and blend on high speed until completely smooth, about 1 minute. Divide between two glasses and serve cold. Smoothie can be kept in a sealed container in the refrigerator for up to two days. Reblend or shake well before serving.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:4.05, Inflammation Score:-6, Nutrition Score:14.498260855675%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 42.27mg, Pelargonidin: 42.27mg, Pelargonidin: 42.27mg, Pelargonidin: 42.27mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 246.11kcal (12.31%), Fat: 4.76g (7.32%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 36.69g (13.34%), Sugar: 33.96g (37.74%), Cholesterol: 11.67mg (3.89%), Sodium: 257.72mg (11.21%), Alcohol: 1.38g (100%), Alcohol %: 0.42% (100%), Protein: 9.7g (19.41%), Vitamin C: 100.64mg (121.99%), Manganese: 0.86mg (42.96%), Calcium: 317.49mg (31.75%), Fiber: 7.83g (31.33%), Potassium: 606.18mg (17.32%), Magnesium: 59.25mg (14.81%), Copper: 0.26mg (12.88%), Folate: 49.27µg (12.32%), Phosphorus: 105.92mg (10.59%), Iron: 1.87mg (10.38%), Vitamin B6: 0.19mg (9.36%), Vitamin B1: 0.12mg (7.78%), Vitamin B3: 1.36mg (6.8%), Vitamin B5: 0.54mg (5.38%), Vitamin K: 4.86µg (4.63%), Vitamin B2: 0.07mg (4.03%), Zinc: 0.55mg (3.69%), Vitamin E: 0.5mg (3.36%), Selenium: 1.57µg (2.24%), Vitamin A: 92.72IU (1.85%)