Smoothie Ingredients

Nutrition Fact Sheet | Approximate values per typical serving, based on USDA data

Ingredient	Serving	Calories	Key nutrients	Why it's included
Frozen blueberries (unsweetened)	1 cup (155 g)	79	4.2 g fiber, vitamin K (~20% DV), manganese (~23% DV), vitamin C (~4% DV)	Antioxidants and fibre for steadier blood sugar
Fresh banana	1 medium (118 g)	105	3 g fiber, vitamin B6 (~25% DV), potassium (~9% DV), magnesium (~8% DV)	Potassium and vitamin B6 for energy and mood support
Fresh pineapple (chunks)	1 cup (165 g)	82	2.3 g fiber, vitamin C (~88% DV), manganese (~65% DV), about 16 g natural sugar	Vitamin C, manganese and bromelain for digestion support
Full-fat plain yoghurt	1 cup (245 g)	149	8 g protein, 8 g fat, calcium (~21% DV), live probiotic cultures	Protein, calcium and probiotics for gut health
Pea protein powder	1 scoop (about 30 g)	~120	~24 g protein, 1 to 2 g fat, iron varies by brand (check label)	Dairy-free protein for muscle and fullness
Blue spirulina powder	1 tsp (3 g)	~10	About 1 to 2 g protein, minimal vitamins and minerals, contains phycocyanin (varies by brand)	Natural blue colour with antioxidant phycocyanin
Coconut water	1 cup (240 ml)	46	Potassium (~13% DV), magnesium (~15% DV), vitamin C (~10% DV), about 9 g natural sugar	Hydration and electrolytes

Notes

- DV = Daily Value, based on a 2,000-calorie diet.
- Values vary by brand, ripeness and portion size. Coconut milk differs widely between products, so check its label for exact values.
- Pea protein powder and blue spirulina differ by brand. Use the values on your product's label.
- Blue spirulina is an extract (phycocyanin) used mainly for colour, so it has far fewer nutrients than green spirulina.
- Probiotic content depends on the product. Look for "live and active cultures" on the yoghurt label.
- This is general information, not medical advice. People with allergies (dairy) or medical conditions, including autoimmune conditions or phenylketonuria (spirulina), should check with a healthcare professional.