Green Smoothie Ingredients

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

Ingredient	Serving	Calories	Key nutrients	Why it's included
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
Cucumber (with peel, sliced)	1 cup (104 g)	16	0.5 g fiber, vitamin K (~14% DV), potassium (~3% DV), magnesium (~3% DV), about 96% water	Hydrating, with vitamin K and a refreshing taste
Baby spinach (raw)	1 cup (30 g)	7	Vitamin K (~120% DV), folate (~15% DV), magnesium (~6% DV), iron (~4% DV)	Folate, iron and vitamin K for everyday nutrition
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
Almond butter	1 tbsp (16 g)	98	3.4 g protein, 9 g fat, 1.6 g fiber, vitamin E (~26% DV), magnesium (~11% DV)	Healthy fats and vitamin E for lasting energy
Green spirulina powder	1 tsp (3 g)	9	1.7 g protein, copper (~15% DV), iron (~4% DV)	Plant protein, iron and antioxidants
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 spirulina differ by brand. Use the values on your product's label.
- Probiotic content depends on the product. Look for "live and active cultures" on the yoghurt label.
- Spirulina's vitamin B12 is mostly in a form the body can't use well, so don't rely on it as a B12 source.
- This is general information, not medical advice. People with allergies (almonds, dairy) or medical conditions, including autoimmune conditions or phenylketonuria (spirulina), should check with a healthcare professional.