Smoothie Ingredients

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

Ingredient	Serving	Calories	Key nutrients
Blueberries	1 cup (148 g)	84	3.6 g fiber, vitamin C (~16% DV), vitamin K (~24% DV), manganese (~25% DV)
Banana	1 medium (118 g)	105	3 g fiber, vitamin B6 (~25% DV), potassium (~9% DV)
Spinach (raw)	1 cup (30 g)	7	Vitamin K (~120% DV), folate (~15% DV), magnesium (~6% DV), iron (~4% DV)
Ground flax seeds	1 tbsp (7 g)	37	1.9 g fiber, 1.6 g omega-3 (ALA), 1.3 g protein, magnesium (~6% DV)
Cinnamon	1 tsp (2.6 g)	6	1.4 g fiber, manganese (~17% DV)
Almonds	28 g (about 23)	164	6 g protein, 14 g healthy fats, vitamin E (~49% DV), magnesium (~18% DV)
Coconut water	1 cup (240 ml)	46	Potassium (~13% DV), magnesium (~15% DV), about 9 g natural sugar
Full-fat plain yoghurt	1 cup (245 g)	149	8 g protein, 8 g fat, calcium (~21% DV), live probiotic cultures

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.
- 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 (almonds, dairy) or medical conditions should check with a healthcare professional.