

The Taste Of Tropical Mango Pineapple Smoothie

Ingredients

- – 1 cup frozen mango chunks
 - – 1 cup frozen pineapple chunks
 - – 1 ripe banana
 - – 1 cup coconut water (or any preferred liquid: water, almond milk)
 - – 1/2 cup Greek yogurt (optional for creaminess)
- 1 tablespoon honey or agave syrup (optional, for sweetness)



Directions

1. Add the frozen mango chunks, frozen pineapple chunks, banana, and coconut water to the blender.
2. If using, add Greek yogurt and honey/agave syrup.
3. Blend until smooth and creamy. Adjust the liquid to reach your desired consistency.
4. Pour into glasses and enjoy!

Approximately 180-220 calories (depends on specific ingredients and amounts used)

Recipe Notes

- You can use fresh fruit instead of frozen; add ice cubes for a thicker consistency.
- For a vegan option, use plant-based yogurt or omit yogurt altogether.
- Adjust the sweetness by adding more or less honey/agave syrup.
- Enhance the tropical flavor by adding a splash of lime juice or a few mint leaves.