

American Apple-Banana-Mango Smoothie

This healthy and smooth American smoothie is made with fruits and milk, an ideal choice to start the day or enjoy a refreshing afternoon snack.



Smoothie

American

5 min

Total time

Easy

Difficulty

174

kcal / serving

Ingredients

- Ingredients for 1 person:
- 1 apple
- 1 banana
- 1/2 cup diced ripe mango
- 3/4 cup milk
- 1/4 cup diced pineapple

Steps

- 1 Peel and cut the apple into quarters.
- 2 Peel and cut the banana into small cubes.
- 3 In a blender, add the apples, bananas, mango and milk and blend until smooth.
- 4 Add the pineapple and blend for another 30 seconds.
- 5 Pour the smoothie into a glass and enjoy it chilled!