

Spicy Mango Mint Smoothie

A refreshing and vibrant smoothie that combines the sweetness of ripe mango with a hint of spice and cool mint. Perfect for a quick breakfast or a revitalizing afternoon snack.



Beverage

10 min

Total time

Easy

Difficulty

210

kcal / serving

Ingredients

- 1 ripe mango, peeled and diced
- 1/2 cup coconut milk
- 1/4 teaspoon cayenne pepper
- 1 tablespoon fresh mint leaves
- 1 teaspoon honey (optional)
- 1/2 cup ice cubes

Steps

- 1 In a blender, combine the diced mango, coconut milk, cayenne pepper, mint leaves, and honey if using.
- 2 Add the ice cubes to the blender.
- 3 Blend on high speed until smooth and creamy, about 30 seconds.
- 4 Taste and adjust sweetness or spice as needed.
- 5 Pour into a glass and garnish with a mint sprig if desired.