

Tropical Berry Bliss Smoothie

Dive into a refreshing Tropical Berry Bliss Smoothie, packed with vibrant frozen fruits and creamy yogurt. This delicious blend is perfect for a quick breakfast or a nutritious snack!



Smoothie

10 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup frozen blueberries
- 1/2 cup frozen bananas
- 1/2 cup frozen mangos
- 1/2 cup frozen dragon fruit
- 1/2 cup whole milk
- 1/2 cup Greek yogurt
- 1 tablespoon flax seeds
- 1/4 cup orange juice
- 1/4 cup orange sherbet
- 1/2 teaspoon vanilla extract
- 1 frozen acai packet

Steps

- 1 In a blender, combine the frozen blueberries, bananas, mangos, and dragon fruit.
- 2 Add the whole milk, Greek yogurt, flax seeds, orange juice, orange sherbet, and vanilla extract.
- 3 Finally, add the frozen acai packet to the blender.
- 4 Blend all ingredients on high speed until smooth and creamy.
- 5 If the smoothie is too thick, add a little more milk or orange juice to reach your desired consistency.
- 6 Pour into a glass and enjoy immediately!