

Tropical Bliss Smoothie

A refreshing and creamy smoothie that combines the exotic flavors of mango, pineapple, and coconut. Perfect for a sunny morning or as a sweet afternoon treat.



Smoothie

10 min

Total time

Easy

Difficulty

270

kcal / serving

Ingredients

- 1 ripe mango, peeled and diced
- 1/2 cup of pineapple chunks
- 1/2 banana, sliced
- 1/4 cup of coconut milk
- 1/2 cup of Greek yogurt
- 1 teaspoon of honey (optional)
- 1/2 cup of ice cubes

Steps

- 1 Place the mango, pineapple, banana, and ice cubes into a blender.
- 2 Add the coconut milk and Greek yogurt.
- 3 Blend on high until smooth and creamy.
- 4 Taste and add honey if a sweeter smoothie is desired.
- 5 Blend again briefly to mix in the honey.
- 6 Pour into a glass and enjoy immediately.