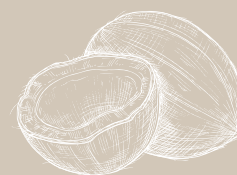




COCONUT DELIGHT SMOOTHIE



Ingredients

- 1 medium banana (fresh or frozen)
- 1 medium pear (fresh or frozen)
- ½ cup coconut milk (or any milk of your choice)
- ½ cup plain yogurt
- 1 tsp vanilla extract
- ¼ cup shredded coconut
- A handful of ice cubes

Instructions

1. Place all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more liquid to reach your desired consistency.
3. Serve immediately and enjoy or freeze in popsicle molds.

Optional ingredients

- 1–2 tbsp ground flaxseeds, chia, or hemp seeds for extra fibre and added nutrients
- 1 tbsp nut butter for extra protein and healthy fats
- 2 tbsp cocoa powder for a rich chocolate flavour
- ¼ cup old-fashioned rolled oats for extra fibre and thicker texture
- 1 tbsp honey or pure maple syrup for additional sweetness and extra nutrients

