

## TROPICAL BLISS SMOOTHIE



## Ingredients

- · 1 orange, peeled, seeded, and separated
- 1 ripe mango, peeled and diced or 1 cup frozen mango chunks
- 1 medium banana (fresh or frozen)
- ½ cup plain yogurt
- ½ cup coconut water or unsweetened milk of your choice
- · 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 nutrients
- 1 scoop of protein or collagen powder to help stabilize blood sugar levels
- 1 tbsp nut butter for extra protein and healthy fats
- ½ cup fresh spinach or other dark leafy greens for a boost of vitamins and minerals
- 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