

Mango Smoothie

This super creamy mango smoothie is made with just 3 healthy ingredients, ready in less than 5 minutes, and the most delicious breakfast smoothie.

Prep Time	Total Time
5 mins	5 mins

Course: Breakfast, Drinks Cuisine: American Diet: Vegan
 Servings: 1 Calories: 276kcal Author: Iosune Robles



5 from 5 votes

Ingredients

- 1 cup frozen mango chunks
- 1 frozen or regular large banana chopped
- ½ cup unsweetened milk of your choice I used oat milk

Instructions

1. Add all the ingredients to a powerful blender and blend until smooth.
2. Best when fresh, feel free to keep the smoothie in an airtight container in the fridge for up to 3 days. You can also freeze it and transfer to the fidge the night before you're going to consume the smoothie.

Notes

- If you use frozen mango chunks and a frozen banana your smoothie will be so creamy, but you can also use fresh mango and a regular banana.
- I prefer to use unsweetened milk because it's healthier, but it's up to you. If your smoothie is not sweet, maybe the fruit was not ripe enough. Try to add 1 or 2 Medjool dates and blend again until smooth.
- If you're using fresh fruit, but you want your smoothie to be cold, use cold milk or add some ice cubes before blending.
- Add more or less milk, depending on how thick you want your smoothie.
- Use a powerful blender if possible. If you don't have one, maybe it could be a good idea to add the fruit fresh instead of frozen. You can also add more milk if needed.

Get the recipe online: <https://simpleveganblog.com/mango-smoothie/>

Scan the QR code for updates, tips, answers, or to ask a question!



