

Strawberry Mango Smoothie

A refreshing smoothie; good for post workout, breakfast, as a snack, or anytime!

Ingredients:

$\frac{3}{4}$ cup frozen strawberries

1 cup fresh mango

1 cup unsweetened vanilla almond milk (options: dairy, non-dairy or coconut beverage)

2 tbsp unsweetened, flaked coconut (optional)

$\frac{3}{4}$ Greek Yogurt of choice

Instructions:

1. Put all ingredients into a blender.
2. Blend until smooth.
3. Adjust consistency by adding more liquid or a few ice cubes.
4. Enjoy!



Notes:

- You can use frozen mango and fresh strawberries – if you're using only fresh fruit, I would recommend you add a few ice cubes, if you're only using frozen fruit, I would recommend adding more liquid.
- I used 2% plain, but you can get creative and use flavoured yogurts like mango or strawberry, or maybe pineapple, vanilla or coconut?

