

This Pineapple Mango Smoothie Is Like a Beach Vacation in a Glass

Refreshing, Tropical, and Ready in 5 Minutes



TIME
5 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 1 cup frozen mango
- 1½ cups fresh pineapple, diced
- 1 large banana
- 4 fresh mint leaves
- ¾ cup coconut water (or regular water)

DIRECTIONS

1. Prepare the Ingredients: Dice the pineapple (if not already done).
2. Use frozen mango for the best creamy texture.
3. Peel and slice the banana.
4. Combine in a Blender: Add the following to your blender:
5. Frozen mango
6. Diced pineapple
7. Banana
8. Mint leaves
9. Coconut water
10. Blend: Blend on high speed until smooth and creamy. If it's too thick, add more coconut water (or water) a splash at a time until you reach your preferred consistency.
11. Serve: Pour into a tall glass and garnish with extra mint leaves for a fresh finish. Serve immediately while cold and refreshing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-pineapple-mango-smoothie-is-like-a-beach-vacation-in-a-glass/>