

Avocado Smoothie with Mango & Banana - A Tropical Green Dream

Banana Mango Avocado Smoothie ???



TIME
5 min

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INGREDIENTS

1 banana - ripe and sweet
% avocado - for creaminess and healthy fats
% cup mango chunks - frozen or fresh
... cup raw cashews - for plant-based creaminess and protein
1 cup almond milk - or any milk of choice
% cup ice cubes - optional, for chill and thickness

DIRECTIONS

1. Add to : Blender: Combine banana, avocado, mango, cashews, almond milk, and ice in a blender.
2. Blend: Process on high until completely smooth and creamy. Scrape the sides as needed.
3. Adjust: Want it thinner? Add more almond milk. Want it colder? Add a few more ice cubes.
4. Serve: Pour into a glass and enjoy immediately!

TIPS FOR SUCCESS

Soak your cashews for 15-30 minutes if you don't have a high-speed blender-this ensures ultra-smooth texture.

Use frozen mango if you want a thicker, colder smoothie without adding ice.

Make it a smoothie bowl by using less liquid and topping with granola, coconut, or fresh fruit.

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

Original recipe: <https://chefmaniac.com/avocado-smoothie-with-mango-banana-a-tropical-green-dream/>