

Layered Mango Avocado Smoothie: Healthy, Creamy & Vibrant Breakfast

Layered Mango Avocado Smoothie: A Vibrant and Creamy Taste of the Tropics!



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INGREDIENTS

1 ripe mango, peeled and chopped (about 1 cup)
¾ cup milk or plant-based milk (almond, coconut, or oat milk)
1 teaspoon honey (optional, or maple syrup)
1 ripe avocado (pitted and scooped)
¾ cup milk or yogurt (dairy or plant-based)
A touch of lemon juice (about ½ tsp, to keep it fresh and green)
¾ cup orange juice or peach puree
A little honey if needed
Mixed nuts (almonds, peanuts, pecans), chopped
Chia seeds or granola (optional)

DIRECTIONS

1. Blend the Mango Layer: In a blender, combine the 1 ripe mango (peeled and chopped), ¾ cup milk or plant-based milk, and 1 teaspoon honey (optional). Blend until completely smooth and creamy. Pour this mango smoothie mixture carefully into the bottom of a large clear glass, filling it about one-third of the way.
2. Blend the Avocado Layer: Rinse your blender thoroughly to avoid mixing colors. Add the 1 ripe avocado, ¾ cup milk or yogurt, 1 teaspoon honey (optional), and a touch of lemon juice (about ½ teaspoon) to the blender. Blend until completely smooth and creamy. Carefully and slowly layer this avocado smoothie mixture on top of the mango puree in the glass. Pour it over the back of a spoon to help keep the layers distinct.
3. Blend the Top Layer (Optional): If you're making the optional orange layer, rinse your blender again. Blend the ¾ cup orange juice or peach puree. Add a little honey if needed to taste. Carefully pour this orange mixture on top of the avocado layer, again using the back of a spoon to create a distinct layer.
4. Add Crunchy Toppings: Once all your layers are in place, sprinkle generously with chopped mixed nuts and chia seeds or granola (optional).
5. Serve Cold: Serve your beautiful Layered Mango Avocado Smoothie immediately, with a spoon for the thick layers and a straw for sipping. Enjoy the colorful and creamy indulgence!

SWAPS & NOTES

Ripe Fruit is Key: Ensure your mango and avocado are ripe for the best flavor and creamiest texture.

Adjust consistency by adding more liquid if needed.

Milk/Yogurt: Use your preferred type of milk (dairy, almond, coconut, oat) or yogurt (plain or vanilla, dairy or plant-based).

Sweetener: Honey or maple syrup adds natural sweetness.

TIPS FOR SUCCESS

Ripe Fruits: Use perfectly ripe mango and avocado for the best flavor and creamiest texture.

Clean Blender Between Layers: Rinsing the blender between layers prevents colors from muddling and helps create distinct lines.

Pour Slowly: Pouring the second (and third) layer very slowly over the back of a spoon helps prevent them from sinking into the layer below.

Lemon Juice for Avocado: Don't forget the lemon juice in the avocado layer to keep it from browning and to add a fresh tang.

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

Original recipe: <https://chefmaniac.com/layered-mango-avocado-smoothie-healthy-creamy-vibrant-breakfast/>