

Refreshing Tropical Strawberry Mango Smoothie: Your New Go-To Recipe

The Perfect Tropical Strawberry Mango Smoothie



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INGREDIENTS

- 1 cup fresh or frozen strawberries, hulled
- 1 cup fresh or frozen mango chunks
- 1 banana, sliced
- 1 cup coconut milk (or any milk of your choice)
- 1 tablespoon honey or maple syrup (optional, adjust to taste)
- 1/2 cup Greek yogurt (optional for creaminess)
- Ice cubes (optional, for a thicker smoothie)

DIRECTIONS

- 1.** Prepare the : Ingredients: Wash and prepare any fresh fruit you are using. If you are using frozen fruit, there is no need for this step.
- 2.** Combine : Ingredients: Add the strawberries, mango, banana, coconut milk, honey or maple syrup (if using), and Greek yogurt (if using) to your blender.
- 3.** Blend: Secure the lid and blend on high speed for about 30-60 seconds, or until the mixture is completely smooth and creamy. If you are using a powerful blender, this will be quick. If your blender struggles, you can stop and stir the ingredients before continuing.
- 4.** Adjust : Consistency and Flavor: If the smoothie is too thick, add a splash more of your chosen milk. If it's not sweet enough, add a bit more honey or maple syrup.
- 5.** Serve: Pour the smoothie into glasses and serve immediately. This smoothie is best enjoyed right after blending to maintain its perfect texture and temperature.

SWAPS & NOTES

Fruit : The beauty of this smoothie is its versatility.

You can use all frozen fruit for a thicker, colder consistency, or a mix of fresh and frozen.

If you don't have strawberries or mango, pineapple or peach would make fantastic substitutes, keeping that tropical vibe alive.

Milk : Coconut milk adds a distinct tropical flavor, but feel free to use almond milk, oat milk, or even regular dairy milk.

TIPS FOR SUCCESS

Use Frozen Fruit : For the best, thickest texture without watering down the flavor, I highly recommend using frozen fruit.

If you're using fresh fruit, be generous with the ice cubes.

Layer the Blender : For easier blending, add the liquid first (the milk), followed by the softest ingredients (banana, yogurt), and finally the frozen or hardest ingredients (mango, strawberries, ice).

This helps the blender blades get a good grip on everything.

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Original recipe: <https://chefmaniac.com/refreshing-tropical-strawberry-mango-smoothie-your-new-go-to-recipe/>