

Tropical Strawberry Mango Smoothie: The 5-Minute Island Escape

There are some drinks that don't just quench your thirst-they transport you. And for me, this



TIME
15-20 min

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INGREDIENTS

Swaps and Notes:

For a Boost: Add 1 tablespoon of chia seeds or flax seeds for extra fiber, or a scoop of your favorite vanilla or unflavored protein powder for a filling meal replacement.

Sweetener Alternatives: If you like it less sweet, omit the honey or maple syrup entirely. The frozen fruit is usually sweet enough on its own.

Liquid Base: Swap the coconut milk for Greek yogurt for a protein boost, or use a neutral liquid like water if you want the fruit flavors to really shine.

Tropical Twist: A squeeze of fresh lime juice can brighten the flavor even more, giving it a pina colada feel.

? Step-by-Step Instructions:

Layer the Ingredients: In your high-powered blender, add the liquid ingredients first: the coconut milk and orange juice. This helps the blades move more easily.

Add the Fruit: Next, add the frozen strawberries, frozen mango chunks, and the banana (fresh or frozen). If you are using an optional sweetener like honey, add it now.

Blend Until Smooth: Start blending on a low setting and gradually increase the speed to high. You may need to stop the blender and use a tamper (or carefully scrape down the sides with a spatula) to push the frozen fruit into the blades.

Check Consistency: Blend until the mixture is completely smooth and creamy with no chunks of ice or fruit remaining. If it's too thick, add a tablespoon or two more of coconut milk or orange juice until it moves freely.

Serve Immediately: Pour the smoothie into a tall glass. Garnish with a fresh strawberry slice or a tiny umbrella if you're feeling extra festive!

? Tips for Success:

Use a High-Powered Blender: This is crucial for getting a truly smooth, creamy texture. If you use a standard blender, you might need to add slightly more liquid and blend for longer.

The Frozen Fruit Factor: Always use frozen fruit! It eliminates the need for too much ice, which keeps the flavor concentrated and the texture thick. I like to keep a stash of peeled and sliced bananas in the freezer just for smoothies.

Layering is Key: Liquids first, then fresh produce, and finally the frozen ingredients on top. This ensures everything gets drawn into the blades evenly.

Adjust Sweetness Last: Taste your finished smoothie before adding any sweetener. The natural sugars in the mango and banana are often sufficient.

Serving Suggestions and Pairings:

Breakfast Pairing: Pair it with something light and quick, like the delicious [The Viral Cottage Cheese Pancake Everyone's](#) for a protein-packed morning.

Dessert Pairing: For a sweet afternoon treat, serve this alongside a small batch of our easy [These Easy Coconut Macaroons Are My Favorite 3-Ingredient Treat](#).

Savory Snack: The sweet, tangy smoothie is a great counterpoint to a quick savory bite. Try it with some simple, fresh cucumber slices or lightly salted rice cakes.

Lunch Pairing: If you're hosting a casual gathering, this smoothie is the perfect accompaniment to crowd-pleasing mains like [These Sheet Pan Quesadillas Are My Favorite Way To Feed A Crowd Fast](#).

Nutritional Information (Per Serving):

Storage and Leftover Tips:

Make-Ahead Option: If you must make it ahead, pour the smoothie into an airtight container and freeze it. When you're ready to drink it, let it sit on the counter for 15-20 minutes until it softens, then stir or re-blend with a splash of extra liquid (water or coconut milk).

Smoothie Pops: Pour any leftover mixture into popsicle molds and freeze for a healthy and delicious homemade fruit pop!

More Recipes You Will Love:

For a Refreshing Drink: Beat the heat with This Blueberry Lemonade Is My Favorite Refreshing Drink For Sunny Days.

For a Fun Treat: Dive into a quick no-bake dessert like This Brownie Batter Dip Is My Favorite No-Bake Dessert For Instant Chocolate Cravings.

For a Quick Meal: Try my simple Easy Cheesy Chicken Sliders With Marinara Garlic Butter for a satisfying lunch or party appetizer.

Final Thoughts:

DIRECTIONS

1. This couldn't be simpler! The key is a good blender and layering the ingredients correctly.
2. Layer the : Ingredients: In your high-powered blender, add the liquid ingredients first: the coconut milk and orange juice. This helps the blades move more easily.
3. Add the : Fruit: Next, add the frozen strawberries, frozen mango chunks, and the banana (fresh or frozen). If you are using an optional sweetener like honey, add it now.
4. Blend : Until Smooth: Start blending on a low setting and gradually increase the speed to high. You may need to stop the blender and use a tamper (or carefully scrape down the sides with a spatula) to push the frozen fruit into the blades.
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7. ? Tips for Success: Use a High-Powered Blender: This is crucial for getting a truly smooth, creamy texture. If you use a standard blender, you might need to add slightly more liquid and blend for longer.
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9. Layering is : Key: Liquids first, then fresh produce, and finally the frozen ingredients on top. This ensures everything gets drawn into the blades evenly.
10. Adjust : Sweetness Last: Taste your finished smoothie before adding any sweetener. The natural sugars in the mango and banana are often sufficient.
11. Serving Suggestions and Pairings: This Tropical Strawberry Mango Smoothie is delicious on its own, but it pairs wonderfully with a light breakfast or a savory snack.
12. Breakfast : Pairing: Pair it with something light and quick, like the delicious The Viral Cottage Cheese Pancake Everyones for a protein-packed morning.
13. Dessert : Pairing: For a sweet afternoon treat, serve this alongside a small batch of our easy These Easy Coconut Macaroons Are My Favorite 3-Ingredient Treat.
14. Savory : Snack: The sweet, tangy smoothie is a great counterpoint to a quick savory bite. Try it with some simple, fresh cucumber slices or lightly salted rice cakes.
15. Lunch : Pairing: If you're hosting a casual gathering, this smoothie is the perfect accompaniment to crowd-pleasing mains like These Sheet Pan Quesadillas Are My Favorite Way To Feed A Crowd Fast.
16. Nutritional Information (Per Serving): Note: This is an estimate based on the ingredients listed and will vary depending on the exact brands and quantity of optional ingredients used.
17. Export to : Sheets
18. Storage and Leftover Tips: Smoothies are best enjoyed immediately to maintain their thick, frosty texture and nutritional integrity.
19. Make-: Ahead Option: If you must make it ahead, pour the smoothie into an airtight container and freeze it. When you're ready to drink it, let it sit on the counter for 15-20 minutes until it softens, then stir or re-blend with a splash of extra liquid (water or coconut milk).
20. Smoothie : Pops: Pour any leftover mixture into popsicle molds and freeze for a healthy and delicious homemade fruit pop!
21. More Recipes You Will Love: If you love the refreshing, vibrant flavors of this tropical blend, be sure to check out some of my other favorite recipes for light, fun meals and drinks:
22. For a : Refreshing Drink: Beat the heat with This Blueberry Lemonade Is My Favorite Refreshing Drink For Sunny Days.
23. For a : Fun Treat: Dive into a quick no-bake dessert like This Brownie Batter Dip Is My Favorite No-Bake Dessert For Instant Chocolate Cravings.
24. For a : Quick Meal: Try my simple Easy Cheesy Chicken Sliders With Marinara Garlic Butter for a satisfying lunch or party appetizer.
25. Final Thoughts: This Tropical Strawberry Mango Smoothie has been my secret weapon against the summer heat and the winter blues alike. It's the perfect blend of indulgence and nutrition, proving that eating well doesn't mean sacrificing flavor. Give it a try and let me know if it transports you to a tropical

paradise!

SWAPS & NOTES

Frozen Strawberries 1 cup Essential for flavor and a thick, cold texture.

Frozen Mango Chunks 1 cup Provides that distinct tropical sweetness.

Coconut Milk 1/2 cup Full-fat canned or carton coconut milk works, or use almond/dairy milk.

Orange Juice 1/2 cup Adds brightness and helps the blending process.

TIPS FOR SUCCESS

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It eliminates the need for too much ice, which keeps the flavor concentrated and the texture thick.

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

Original recipe: <https://chefmaniac.com/tropical-strawberry-mango-smoothie-the-5-minute-island-escape/>