

Creamy Mango Strawberry Smoothie for a Taste of the Tropics

Smoothie Tropical à la Fraise et à la Mangue



TIME
3 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 1 cup frozen strawberries
- 1 cup frozen mango chunks
- $\frac{1}{2}$ cup coconut milk (or any milk of your choice)
- $\frac{1}{2}$ cup orange juice
- $\frac{1}{2}$ banana
- 1 tablespoon honey or maple syrup (optional, for added sweetness)
- Ice cubes (optional, for a thicker texture)

DIRECTIONS

- 1. Add the Fruit:** In a blender, combine the frozen strawberries, frozen mango chunks, and banana.
- 2. Add Liquids:** Pour in the coconut milk, orange juice, and honey (if using).
- 3. Blend:** Blend on high until smooth and creamy.
- 4. If the smoothie is too thick,** add a splash more coconut milk or orange juice until you reach your desired consistency.
- 5. Optional: Thicker Texture:** For an extra cold, thicker smoothie, add a few ice cubes and blend again.
- 6. Taste & Adjust:** Taste and adjust sweetness if needed by adding more honey or maple syrup.
- 7. Serve:** Pour into glasses and serve immediately.
- 8. Garnish** with a fresh strawberry, a slice of mango, or a sprinkle of shredded coconut for a fun tropical finish.

SWAPS & NOTES

& Swaps Milk Options: Coconut milk adds tropical richness, but almond milk, oat milk, dairy milk, or even Greek yogurt work beautifully.

Sweetener: Depending on the ripeness of your fruit, you may not need any added sweetener.

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

Original recipe: <https://chefmaniac.com/creamy-mango-strawberry-smoothie-for-a-taste-of-the-tropics/>

Boost It: Add chia seeds for fiber Add protein powder for a post-workout smoothie Add spinach for a hidden green boost Step-by-Step Directions 1.

Add the Fruit In a blender, combine the frozen strawberries, frozen mango chunks, and banana. 2.