

Tropical Mango Smoothie

This smoothie is perfect for the warmer months, when your body is craving lighter foods.

Categories

Gluten-free

Yields: 2 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Smoothies

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Almond milk, home made	1 cup
Mango, fresh	0.5 cup
Papaya, fresh	0.5 cup
Pear, fresh	0.25 cup
Banana, fresh	1 medium - 7" to 7 7/8" long
Strawberries, fresh	2 medium - 1 1/4" diameter

Instructions

Prep

1. This recipe calls for almond milk, it can either be homemade or store bought, however homemade will make this smoothie completely raw
2. This recipe calls for chopped peeled mango
3. This recipe calls for chopped peeled papaya
4. This recipe calls for chopped pear

Directions

1. In a blender, combine almond milk, mango, papaya, pear, banana and strawberries
2. Blend at high speed until smooth. Serve immediately.

Variations

1. Substitute various kinds of fleshy fruit for the mango and papaya; watermelon and cantaloupe work equally well as do honeydew melon and orange segments