

Tropical Glow Smoothie

Plant-Based • Dairy-Free • Antioxidant-Rich

Ingredients:

- 1 ripe mango, peeled and chopped
- 1 frozen banana
- 1 cup unsweetened coconut water
- ½ cup plain plant-based yogurt (coconut or almond)
- ½ cup frozen pineapple chunks
- 1 tablespoon chia seeds
- 1 teaspoon fresh lime juice
- Optional: 1-inch knob of fresh ginger (peeled)

Instructions:

1. Add all ingredients to a blender.
2. Blend on high until smooth and creamy.
3. Taste and adjust: add more coconut water to thin or more banana to thicken.
4. Pour into a glass, top with chia seeds or a mango slice, and enjoy immediately.

Nutritional Highlights (per serving):

- Calories: 215
Fiber: 7g
Protein: 4g
- Vitamin C: 65% DV
Hydration Boost: Coconut water + pineapple = natural electrolytes



