



# Creamy Mango Smoothie Recipe for Refreshing Bliss

## Introduction

Indulge in a tropical delight with this refreshing mango smoothie recipe from Love and Lemons. Perfect for breakfast or as a nutritious snack, this creamy and fruity smoothie is sure to brighten your day. Packed with vitamins, minerals, and great taste, it's a quick and easy way to enjoy the flavors of summer any time of the year.

## Detailed Ingredients with measures

**Diced frozen mango: 2 cups, plus a few thawed cubes for garnish**

**Small frozen banana: 1**

**Unsweetened almond milk (or any milk): 1 cup, plus more as needed**

**Whole milk Greek yogurt: 1/2 cup**

**Fresh lime juice: 1 tablespoon**

**Fresh mint or basil leaves: optional, for garnish**

## **Prep Time**

**5 minutes**

## **Cook Time, Total Time, Yield**

**Cook Time: 0 minutes**

**Total Time: 5 minutes**

**Yield: 2 servings**

## **Instructions**

- 1. In a high-speed blender, place the mango, banana, almond milk, yogurt, and lime juice.**
- 2. Blend until smooth, adding more almond milk as needed to achieve the desired consistency.**
- 3. Pour into glasses, garnish with diced mango and fresh mint if using, and serve.**

**Note: For a vegan option, replace the yogurt with full-fat coconut milk. Freezing the coconut milk in ice cube trays beforehand can create an extra-thick and frosty smoothie.**

## Detailed Directions and Instructions

### Step 1: Prepare the Ingredients

Gather all ingredients: 2 cups diced frozen mango, 1 small frozen banana, 1 cup unsweetened almond milk,  $\frac{1}{2}$  cup whole milk Greek yogurt, 1 tablespoon fresh lime juice, and fresh mint or basil leaves for garnish. Ensure the frozen fruits are properly measured and diced.

### Step 2: Blend the Ingredients

In a high-speed blender, add the diced frozen mango, frozen banana, almond milk, Greek yogurt, and fresh lime juice.

See also French Onion Soup Rice

### Step 3: Blend Until Smooth

Blend the mixture on high speed until smooth and creamy. If the mixture is too thick and not blending well, gradually add more almond milk until you achieve a smooth consistency.

### Step 4: Serve the Smoothie

Once the mixture is smooth, pour the smoothie into glasses.

### Step 5: Garnish and Enjoy

Garnish the smoothie with a few thawed cubes of mango and fresh mint or basil leaves if desired. Serve immediately and enjoy your refreshing

mango smoothie.

## Notes

### **Vegan Option**

For a vegan mango smoothie, substitute the Greek yogurt with full-fat coconut milk. This will maintain the creamy texture but ensure it's dairy-free.

### **Thicker Consistency**

For an extra-thick and frosty smoothie, consider freezing the coconut milk in ice cube trays prior to blending. This can enhance the smoothie's thickness and chill factor.



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## Cook techniques

### Blending

Use a high-speed blender for a smooth and creamy texture. Start at low speed and gradually increase to high to thoroughly blend all ingredients.

### Thawing

Allow frozen mango and banana to sit at room temperature for a few minutes before blending to make them easier to combine.

## Garnishing

Enhance presentation and flavor by garnishing with diced mango and fresh herbs like mint or basil.

## Adjusting Consistency

Add more almond milk to achieve your desired consistency. Start with the recommended amount and adjust as needed.

## Substituting Ingredients

For a vegan option, replace Greek yogurt with full-fat coconut milk. Freezing coconut milk in ice cube trays can add thickness.

## FAQ

### Can I use fresh mango instead of frozen?

Yes, but you might need to add ice to achieve a similar icy texture.

See also [Strawberry Cheesecake Box](#)

### Is this smoothie suitable for a vegan diet?

Yes, simply replace the Greek yogurt with coconut milk.

### How can I make this smoothie sweeter?

Add a bit of honey, maple syrup, or a date for natural sweetness.

### Can I prepare this smoothie in advance?

It's best enjoyed fresh, but you can store it in the fridge for a few hours

if needed. Stir before serving.

**What other fruits can I add to this smoothie?**

You can mix in other fruits like pineapple, spinach, or berries for added flavor and nutrition.

## Conclusion

Enjoying a refreshing mango smoothie is a delightful way to boost your day with tropical flavors and nutritious ingredients. This smooth blend of mango, banana, and Greek yogurt provides a creamy texture and rich taste, making it perfect for breakfast or a midday snack. With simple adjustments, it can easily be tailored to suit various dietary preferences, ensuring that everyone can indulge in this delicious treat.

**More recipes suggestions and combination**

Try adding spinach or kale for a nutritious green smoothie that still maintains its fruity flavor.

**More recipes suggestions and combination**

Incorporate different fruits such as pineapple or berries for an exciting twist on the classic mango flavor.

**More recipes suggestions and combination**

Experiment with different kinds of milk like oat or soy milk to find the perfect creaminess that suits your taste.

**More recipes suggestions and combination**

Add a scoop of protein powder or nut butter for an extra protein boost

to keep you fuller for longer.

**More recipes suggestions and combination**

Include a pinch of turmeric or ginger for added health benefits and a subtle spicy kick.

See also Marzipan Cookies



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