

# TROPICAL FRUIT SMOOTHIE

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## Ingredients:

6 frozen bananas  
1 cup almond/coconut milk (I use Blue Diamond Unsweetened)  
1/2 cup unsweetened coconut flakes (I like Bob's Red Mill)  
2 cups diced fresh mango  
1 cup diced canned pineapple in juice  
1/4 cup pineapple juice (use the juice from the can of pineapple)

## Directions:

Drain the juice from the canned pineapple into a bowl. There should be about a cup of juice. You'll use 1/4 of a cup for this recipe.

Break six frozen bananas into three or four pieces and place in blender. Add the rest of the ingredients. Blend, using the smoothie function on the blender. If your blender does not have a smoothie button, use high speed for 30 seconds at a time, stopping to use a rubber spatula to scrape down the sides and move the liquids and solids around in the blender. You want to avoid stopping the blades and causing damage to the motor. Add more of the pineapple juice if needed to insure continuous blending.

Continue to blend until you have achieved a smooth consistency. It took me about 1 minute with my Blendtec. Serve cold, garnished with a little extra coconut flakes.