

- Tropical mango coconut smoothie -



INGREDIENTES

1 ½ CUPS OF FROZEN MANGO

1 ½ CUPS OF COCONUT MILK

1 CUP OF GREEK YOGURT

¼ CUP QUICK OATS SEE NOTE

3 TBSP OF HONEY

A BIG SPLASH OF VAINILLA MOLINA

PROCEDIMIENTO

1. POUR ALL INGREDIENTS INTO YOUR BLENDER AND BLEND FOR 50-60 SECONDS OR UNTIL SMOOTH.

2. SERVE IMMEDIATELY