


## Tropical Fruit Smoothie

**Serves:** 2

**Prep time:** 5 minutes

**Cook time:** 0 minutes

 1 serve per portion

### Ingredients

$\frac{3}{4}$  cup frozen mango, diced

$\frac{3}{4}$  cup frozen banana, sliced

$\frac{3}{4}$  cup frozen pineapple, diced

$\frac{1}{2}$  cup light coconut milk

1 cup water

1 lime, juiced

10 mint leaves (plus extra to serve)



Everyday Food

### Method

ADD all ingredients to a blender and blend on high speed until well combined and desired consistency is reached.

POUR into serving glasses and garnish with extra mint leaves and your choice of fruit.

*Recipe courtesy of QCWA Country of Study Recipes 2021: Malaysia*