Coconut Bliss Smoothie

This coconut treat will make you think you're in a tropical paradise. One sip, and you'll be in a hammock on the beach, feeling the ocean breeze caress your face as you bask in the warm sunshine. No deadlines. No laundry. No meetings. No responsibilities at all. Just pure relaxation and rest. Sounds nice, right? Wait until you taste it for yourself!

★★★★★ 4.75 from 8 votes

★★★★★ ★★★★★

COURSE
Breakfast, Drinks, Snack

SERVINGS
1

INGREDIENTS

- ½ cup unsweetened coconut milk
- 1 cup sliced fresh or frozen banana (about 1 medium banana)
- 1 cup fresh or frozen blueberries
- 1 cup frozen or fresh mango chunks
- 1 cup fresh or frozen sliced strawberries

INSTRUCTIONS

1. Place all ingredients in a blender, and process until smooth.
2. Yield: 2 servings (serving size: about 8 ounces or 1 cup)