

Honey Banana Mango Smoothie

So easy to make and the results are yummy, healthy and kids just love making these. Just 4-ingredients and this smoothie tastes like a banana mango ice cream.



Ingredients

4 bananas (400g). Peeled and cut into pieces, frozen

2 cups (300g) frozen mango pieces, de-stoned and peeled.

2 Tbsp Manawa honey

1 cup chilled coconut cream

Method

Add the frozen mango pieces to a blender. Add $\frac{1}{2}$ of the coconut milk and blend. You may need to stop and give the ingredients a stir. Blend until its all combined and thick. Add the banana pieces, honey, more coconut cream and blend to combine well till its thick and creamy.

Pour out into two glasses and serve.