



Recipe Corner: Strawberry, Mango & Honey Smoothie

If you missed our last farmers market, then you missed Chef Antonio blending up this delicious smoothie. No worries though – we’ve got the recipe right here.

Our strawberry, mango and honey smoothie is a refreshing smoothie that can be enjoyed for breakfast or a snack. Add all of the ingredients to your blender and enjoy!

Strawberry, Mango & Honey Smoothie

Prep Time: 5 m | Total Time: 10 m

INGREDIENTS

- 1 cup strawberries, fresh or frozen
- 3/4 cup mango, fresh or frozen
- 1/2 banana, fresh or frozen
- 3/4 tbsp honey
- 1 tbsp coconut water
- 1 tbsp flaxseed (optional)
- coconut flakes

DIRECTIONS

1. Combine the fruit, juice, coconut water and flaxseed in a blender.
2. Blend on high until smooth.
3. Sprinkle with coconut flakes and serve.

