

Mango-Peach Smoothie

Recipe 143 of 365

You may garnish your smoothie however you choose. My husband recommends whole fruit.

TIME: 5 minutes

MAKES: 2 big smoothies

Flesh of 1 large, ripe mango

1 ripe banana

8 slices frozen peaches (or 1 ripe peach, peeled and sliced)

1/2 cup plain yogurt

1/2 cup light coconut milk

Combine all the ingredients in a blender or food processor, and puree until smooth.