

# Mango Smoothie

Creamy tropical mango smoothie recipe with banana and yogurt. Perfect healthy breakfast or snack. Vegan and dairy-free options included.  
Ready in 10 minutes!

10	10	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Mango Smoothie

## Ingredients

- 1 cup mango
- 1 banana
- 1 cup almond milk
- 1 cup plain yogurt
- 1 tsp maple syrup
- 1 tsp vanilla extract

## Instructions

- 1 Prepare ingredients**  
Add 1 cup almond milk to your blender first.
- 2** Add 1 cup frozen mango chunks and 1 whole banana to the blender.
- 3** Add 1 cup Greek yogurt, 1 teaspoon maple syrup, and 1 teaspoon vanilla extract to the blender.
- 4 Blend**  
Blend on high speed for 60-90 seconds until completely smooth and no chunks remain.
- 5** Stop blender and scrape down sides with a spatula if needed, then blend again for 15-30 seconds until mixture is uniformly creamy.
- 6 Serve**  
Pour into a chilled glass and serve immediately.

## Tips

Use frozen mango chunks for the thickest, creamiest texture without diluting the flavor with ice cubes.

Freeze banana slices in advance - they add natural sweetness and create an incredibly smooth, ice cream-like consistency.

Add liquid gradually while blending to control the final thickness. Start with less and add more as needed.

A squeeze of lime juice brightens the tropical flavors and prevents the smoothie from tasting too sweet.

Blend on high speed for at least 60 seconds to ensure all ingredients are completely smooth and well incorporated.

Pre-chill your glasses in the freezer for 10 minutes before serving to keep the smoothie cold longer.

For the best flavor, let frozen fruit thaw for 2-3 minutes before blending to reduce strain on your blender motor.

Taste and adjust sweetness with maple syrup or honey only if needed - ripe mango and banana usually provide enough natural sweetness.