

Mango Coconut Smoothie – Serves 1



Ingredients

- ½ cup Vanilla Kefir
- ½ cup Milk
- 1 cup Spinach
- ½ cup Frozen mango chunks
- ¼ cup Frozen coconut chunks
- ⅓ cup Vanilla yogurt

Directions

1. Combine all ingredients in a blender and blend until smooth.
2. Enjoy 😊