

Tropical Mango Coconut Protein Smoothie

Ingredients

- **1 cup frozen mango chunks**
- **1/2 frozen banana**
- **3/4 cup unsweetened coconut milk (or light canned coconut milk for richness)**
- **1 scoop vanilla protein powder (plant-based or whey)**
- **2 tablespoons unsweetened shredded coconut**
- **1/2 teaspoon grated fresh ginger (optional, for digestion)**
- **Juice of 1/2 lime (optional, for brightness)**

- **Ice cubes (optional, if using fresh fruit instead of frozen)**
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Instructions

- 1. Add all ingredients to a blender.**
 - 2. Blend until smooth and creamy (30–60 seconds).**
 - 3. Taste and adjust: Add more lime for tang, or coconut milk for smoothness.**
 - 4. Pour into a glass and enjoy immediately. Top with extra shredded coconut if desired.**
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Health Benefits

- **Mango is rich in vitamin C and beta-carotene, supporting immune health and skin glow.**
- Banana provides potassium, fiber, and natural sweetness for energy and digestion.
- Coconut milk and shredded coconut offer healthy fats (MCTs), which support metabolism and sustained energy.
- Protein powder helps build and repair muscle, and keeps you full longer.
- Ginger adds anti-inflammatory and digestive benefits.
- Lime adds vitamin C and a refreshing detox boost.