

From the book “Man Can Cook” for “The Saturday Herd”
By Robert Sturm

Coconut Island Smoothie

Ingredients

¼ Cup Coconut Milk
¼ Cup Ice or 4 cubes
½ Cup Mango, chopped (fresh or frozen)
¼ Cup Pineapple, chopped (fresh or frozen)
¼ Cup Papaya, peeled, seeded and chopped
1 each Kiwi, peeled and chopped
Juice of 1 lime
1TB. Flax Seed (optional for more fiber)

Directions

Put everything on blender and blend until smooth. If you need to add additional liquid for it to blend properly add water or fruit juice until desired consistency. Pour into two tall glasses and enjoy.

