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

Coconut Island Smoothie

Ingredients

1/4 Cup Coconut Milk

1/4 Cup Ice or 4 cubes cubes

½ Cup Mango, chopped (fresh or frozen)

1/4 Cup Pineapple, chopped (fresh or frozen)

1/4 Cup Papaya, peeled, seeded and chopped

1 each Kiwi, peeled and chopped

Juice of 1 lime

1TB. Flax Seed (optional for more fiber)

Directions



