Coconut & Strawberry Smoothie

A simple dairy-free smoothie that tastes properly tropical.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 1 medium banana
- 6 medium strawberries
- 80 ml coconut milk
- ice (to taste)

Method

1. Blend the banana, strawberries and coconut milk together well.
2. Add a splash of water if needed to help it blend.
3. Add ice to taste and blend again until crushed and smooth.

Tips & swaps

- A few drops of sweetener are optional if your strawberries aren't very ripe.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
180	**2g**	**30g**	**7g**	**4g**

Estimated values, for guidance only.