



Coconut milk, pineapple juice and mango are blended with herbs to give this smoothie an authentic tropical flavor.

Thai Mango Smoothie

Yield: 1 serving

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per 1 serving)
Frozen mango chunks	1 cup	Calories 590 Fat 37g Saturated Fat 32g Cholesterol 0mg Sodium 30mg Carbohydrate 69g Fiber 5g Sugars 52g Protein 5g
Pineapple juice	1 cup	
Coconut milk	3/4 cup	
SupHerb Farms Fresh Frozen Thai Basil	1 tbsp	
SupHerb Farms Fresh Frozen Cilantro	1 tbsp	
SupHerb Farms Fresh Frozen Ginger Purée	2 tsp	DIETARY STATEMENTS
SupHerb Farms Fresh Frozen Lemon Grass Purée	2 tsp	
SupHerb Farms Fresh Frozen Anaheim Chile	1 tsp	
Pineapple wedge	1	

PREPARATION

1. Combine all the ingredients in a high-power blender.
2. Purée until smooth.

TO SERVE

- Pour into a tall glass.
- Garnish with pineapple wedge.
- Serve immediately.