



Mango, Pineapple, Carrot & Coconut Smoothie

BY AMY KOBOS ·

Oh sweetness from the earth, this will make you exclaim “Orange you happy to see me?!” What a refreshing way to start your morning or relax in the afternoon. This smoothie will enhance your imagination with visions of the tropics. Even better, it will enhance your health.



1 cup of sliced Mangoes
(peaches are a wonderful substitute).

1 can (about 15 oz.) of sliced Pineapple with juice.

10 baby carrots.

¼ cup of shredded Coconut
(sweetened or unsweetened depending on your taste).

1 cup of low-fat Milk of your choice.

Place all ingredients in blender, mix between 3 to 5 minutes just to make sure the carrots blend well. Then you are all done. Stays fresh in the fridge for 2 days.

Smoothie Benefits:

Let’s start with all of the good **beta-carotene** offered in the carrots and mangos. What exactly does beta-carotene do for our bodies? This is the key component in our bodies to

NUTRITION INFORMATION					
Mango, Pineapple, Carrot, Coconut Smoothie (serves 2)					
AMOUNT PER SERVING					
Calories	171	Vitamin A	167%	Niacin	6%
Total Fat	4.8 g	Vitam B12	9%	Panthenothenic acid	7.3%
Saturated	3.8 g	Vitamin B6	11%	Phosphorus	16%
Polyunsaturated	0.1 g	Vitamin C	49%	Riboflavin	18%
Monounsaturated	0.6 g	Vitamin D	16%	Selenium	9%
Cholesterol	6.0 mg	Vitamin E	5%	Thiamin	8%
Sodium	98 mg	Calcium	17%	Zinc	5%
Potassium	496 mg	Copper	10%		
Total Carbohydrates	29.3 g	Folate	9.4%	Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Dietary Fiber	3.6 g	Iron	4.8%		
Sugars	22.6 g	Magnesium	8.50%		
Protein	5.3 g	Manganese	24%		



produce vitamin A. Once beta-carotene is digested in our bodies, walaaa, vitamin A can be made. Vitamin A is absolutely essential for our cells to be created and repaired and also helps differentiate cells from one another.



Image Courtesy of Pixabay

And just so you know, beta-carotene is totally vital for fetal development – So, pregnant ladies and new mommies, drink up! We want those baby’s lungs to develop properly.

Oh, all of the good things in this smoothie.

Do you want a healthy heart? Drink up.

Do you want healthy vision? Drink up.

Do you want to help fight colds and reduce inflammation? Drink up.

Do you want to help prevent cancer? Drink up.

Do you want to increase your sex drive? Check.

If you are trying to shed a few pounds or want to control your weight, **mangoes are good for weight loss.** They are very rich in fiber and nutrient dense, which means you will feel full when you haven’t actually eaten a lot, so what a

great snack in the afternoon to tide you over before dinner. Speaking of fiber, you can thank that for your digestive health. Say no to constipation and colon disease! Kiss Your Wellness so you can avoid having to go to the doctor as much!



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Another cool thing about mangoes is that they have been shown in studies to **help with memory and concentration**, thanks to the glutamine acid it produces – This is like one of the most important ingredients in brain food. This aids in making sure signal transmissions in your brain go smoothly. Yay for our brain! Up your ability!