

Raciones para 1

10
Strawberries
1
Mango
1 tablespoon
Honey
2 tablespoons
Shredded coconut

- 1 Wash the strawberries and remove the stem. Peel the mango and cut in large pieces. Place all the fruit in a food container suitable to freeze and store in the freezer for around 3 hours.
- 2 Toast the shredded coconut in a pan, stirring to distribute the heat and cooking until it looks a bit brown.
- 3 Remove fruit from the freezer and mix the strawberries with honey in a blender. Serve in a glass and blend the mango. Place the mango carefully over the strawberries puree, we don't want to mix both fruits cause we are looking for a two colors effect.
- 4 Sprinkle a tablespoon of shredded coconut over the smoothie.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/smoothie-bicolor-de-fresa-y-mango/>

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