



MANGO & COCONUT SMOOTHIE

Prep time: 10 minutes **Serves:** 4

Ingredients

1 whole young coconut (1.1kg)

2 large mangoes (1.2kg), chopped coarsely

1½ cups (420g) greek-style yoghurt

1 tablespoon coconut sugar

2 passionfruit, to serve (optional)

1. Using a sharp knife, carefully cut the top off the coconut. Pour water from centre of coconut through a sieve into a blender. Cut open the shell; scrape out the flesh with a spoon into blender.
2. Add mango, yoghurt and sugar to blender; blend until smooth.
3. Serve with passionfruit pulp and mango wedges, if you like.

Tips

The young coconut should be heavy and, when shaken, should be completely full with water. Freeze the coconut water and chopped mango ahead of time; this will chill your smoothie. Use coconut yoghurt for a non-dairy version and added coconut flavour.