

Camel Milk Recipes: Mango Strawberry Chia Smoothie



Smoothies are tasty just as much as they are beautiful. Juicy strawberries, mangos, bananas, and chia seeds with your favorite fruit and nut toppings come together in this healthy, layered breakfast smoothie.

The secret for obtaining the perfect sweetness is from using a ripe banana. Just make You can also add a teaspoon of honey for a sweeter taste.

This smoothie can be made in two ways. For a super easy and quick version, combine all the ingredients together in the food processor. But if you're looking to make an elegant and fun presentation, you can layer the mango and strawberry part separately in a tall glass.

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Mango Strawberry Chia Smoothie Recipe



Serves 2



Prep 10 mins

Ingredients

Mango layer:

- 1 cup frozen mango chunks
- ½ ripe banana, prefrozen
- 200ml Desert Farms Camel Milk
- 1 teaspoon chia seeds, soaked in ⅛ cup water
- Honey to taste

Strawberry layer:

- ¾ cup frozen strawberries
- ½ ripe banana, prefrozen
- 200 ml camel milk
- 1 teaspoon chia seeds, soaked in ⅛ cup water
- Honey to taste

Instructions

Mango smoothie:

1. Blend frozen mango, banana, camel milk, soaked chia seeds, and honey in food processor until thick and smooth.
2. Pour into a jar and set in the fridge while you make the strawberry

smoothie.

Strawberry smoothie:

1. Blend the frozen strawberries, banana, camel milk, soaked chia seeds, and honey until smooth.

To assemble:

1. Pour a layer of mango smoothie into a serving glass, top with a strawberry layer, and repeat.
2. Top with your favorite fruits and nuts and enjoy!

Courses Dessert