



Tropical Smoothie

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

1 cup carrot juice

½ cup coconut water

1 mango, peeled and chopped (about 1½ cups)

1½ cups chopped pineapple

1 teaspoon grated ginger

1 tablespoon O&V [Mango Pulp vinegar](#) or **Honey Ginger Vinegar** *

1 banana, sliced and frozen (optional)

Drizzle of **Runamok maple syrup** (to taste for additional sweetness) *

Preparation

If you plan to add the banana, slice and freeze the slices for a few hours first.

Place the carrot juice, coconut water, mango, pineapple, ginger, vinegar and frozen banana (if using) into a high-speed blender and blitz until smooth.

Taste and adjust sweetness with some maple syrup if needed.

Serve over a couple of cubes of ice.

Serves 2

Active time 5 minutes Total Time: 5 minutes plus time to freeze bananas

Notes

* The [Mango Pulp vinegar](#) or **Honey Ginger vinegar** add wonderful flavor, probiotic benefits and antioxidants to the smoothie. You can replace with your favorite unpasteurized flavored vinegar, although I recommend complementing the flavors of the fruit for the best overall taste. The high quality of the **Runamok Maple Syrup** is delicious for a little added sweetness.

All highlighted products are available at [Oil & Vinegar stores](#).

Categories: Gluten Free, Vegetarian, Vegan, Dairy Free, Mango Pulp Vinegar, Ginger Vinegar, Runamok Maple Syrup, Tropical Smoothie, Easy Carrot Smoothie, Breakfast Smoothie, Healthy