

# Mark's Kitchen

[drhyman.com](http://drhyman.com)

## Mango-Coconut Smoothie

**Serves:** 2

**Ready in:** 5 minutes, more if using fresh mango

Summer might be over, but it's still heating up across the country. This mango-coconut smoothie is the perfect beverage to help you cool off in the morning or drink for a post-workout or midday snack. It's filled with healthy fats like hemp seeds, nuts, and coconuts, and best of all, it's delicious. Even the kids will love it!

### Ingredients:

- 2 ripe mangos or 2 cups frozen mango
- 4 tablespoons hemp seeds
- 24 oz coconut water (or substitute with nut milk or regular water)
- ¼ cup coconut butter
- ¼ cup toasted coconut
- 2 tablespoons roughly chopped pistachio nuts

**Step 1:** Cube the mango by cutting the large section of fruit away from the center of the pit. Slice each half into thirds, turn and cut into thirds again. Flip the mango section so the cubes are revealed then use a spoon or knife to cut away the chunks. Place in the freezer to chill thoroughly ( about 20-30 minutes).

**Step 2:** Place the chilled mango, hemp, coconut water and coconut butter into a blender and blend on high for 45 seconds or until desired consistency. Pour into 2 glasses and top with the coconut and pistachios.

**Nutritional analysis per serving** Calories 450 • Total Fat 23 g • Protein 12 g • Fiber 9 g  
• Sugar 52 g • Sodium 176 mg