

Quick & Easy

THE COSTCO WAY

Natural Delights Date Strawberry Mango Smoothie

Makes 1 serving

Ingredients:

1¼ cup orange juice, divided, plus 1 tsp for glass rim

½-¾ cup strawberries

1¼ cups frozen or fresh mango, cubed

6 Natural Delights® Medjool dates, pitted and roughly chopped

Finely shredded coconut, for garnish

1 whole strawberry, for garnish

Instructions:

In a blender, add 1 cup orange juice, strawberries, mango and dates. Blend for 3 to 5 minutes, or until smooth. Moisten the rim of a glass with 1 tsp orange juice and dip into shredded coconut. Pour mango mixture into the glass and top with strawberry.

For a layered smoothie, moisten the rim of a glass with 1 tsp orange juice and dip into shredded coconut. Blend 1 cup orange juice and mango first. Pour into the prepared glass. Add strawberries, dates and an additional ¼ cup orange juice. Pour over the mango mixture. Top with a strawberry.

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