

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## **Mango-Pineapple Coconut Blended Treat**

Makes 1 serving (8 oz glass)

### *Ingredients:*

1 cup fresh or frozen mango pieces  
1/2 cup pineapple pieces  
1 cup almond milk or coconut milk  
2 tablespoons coconut oil  
1 tablespoon honey

### *Directions:*

1. Blend all ingredients in blender until smooth.
2. Serve and enjoy!