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This Tropical Smoothie recipe is a refreshing blend of mango, banana, pineapple, orange and creamy coconut milk. Thanks to its creamy texture and tropical flavour, it is sure to become your favourite smoothie recipe! This delicious tropical smoothie will transport you to a tropical vacation! And with good reason, its packed with delicious tropical fruits and tastes like sunshine! A friend of mine recently visited the States and she became hooked on the smoothies at the Tropical Smoothie Café! She'd send me daily colourful pictures of the different smoothies she was trying! I wanted to make something similar, so bought a handful of tropical/exotic ingredients from my local supermarket! The end results were amazing! The smoothie has a gorgeous deep golden hue. I've been making this smoothie all summer using different combinations of tropical fruit but the recipe below has to be my favourite from the lot! Are you ready to visit tropical paradise?! Mango – fresh mango is best but you can also use frozen mango or mango pulp (canned or homemade made from ripe mangos). Pineapple – If using fresh, ensure it is a ripe pineapple before use Banana – use ripe bananas or frozen banana Coconut milk – Alternatively, use coconut water or coconut yogurt If using coconut water, add greek yogurt or vegan alternative to thicken for the best texture. Orange juice – other fruit juices such as apple juice or tropical juice work well too. Frozen fruits work just as well as fresh fruit for all the ingredients above – perfect for a quick breakfast on a hot day Experiment with different fruits and make this refreshing smoothie your own. Optional Add in chia seeds for protein Maple syrup for added sweetness Add your favorite protein powder In a high-speed blender (I used the Ninja blender), add the mango chunks, pineapple chunks or pineapple juice, banana and coconut milk. Pour in fruit juice of choice. Blend on high speed until smooth and creamy. If it is too thick, add in a little more juice. Serve in glasses. You can top the smoothie with more fruit and mint leaves if you wish. You can customise this recipe to suit your taste buds and what you have to hand Other fruits such as passionfruit, kiwi, papaya, guava are great additions to this tropical smoothie For a thicker smoothie, add more banana or other soft ingredients To get a thinner smoothie, add more liquid such as juice or coconut milk This delicious smoothie is best served immediately after blending. Top with ice cubes and cute cocktail umbrellas for a great way to serve this great recipe for beach vacation island vibes on a hot summer day. It's great for breakfast or as a chilled snack any time of the day. Store leftovers in an airtight container and keep in the fridge for up to 2 days. You can also freeze tropical smoothie in popsicle moulds and serve to kids as a healthier alternative to ice cream! Tropical Lassi (Mango, Passionfruit and Coconut Lassi) Starbucks Pistachio Latte (Copycat) Watermelon Mocktail As always if you make this recipe, be sure to leave me a comment, rate this recipe and tag me on Instagram @jcookingodyssey or #jcookingodyssey. I love seeing all your photos of my recipe recreations! Don't forget to follow me on social media using the buttons below – I can't wait to see you all there! Instagram Facebook Pinterest YouTube Print Recipe Pin Recipe This Tropical Smoothie recipe is a refreshing blend of mango, banana, pineapple, orange juice and creamy coconut milk. 1 cup mango chunks, fresh or frozen1 cup pineapple chunks, fresh or frozen1 cup banana fresh or frozen⅓ cup coconut milk¾ cup fruit juice orange juice or tropical juice works well In a high-speed blender (I used the Ninja blender), add the 1 cup mango chunks, 1 cup pineapple chunks or pineapple juice, 1 cup banana and 1/3 cup coconut milk. Pour in 3/4 cup fruit juice of choice.Blend on high speed until smooth and creamy. If it is too thick, add in a little more juice.Serve in glasses. You can top the smoothie with more fruit and mint leaves if you wish. You can customise this recipe to suit your taste buds and what you have to hand Other fruits such as passionfruit, kiwi are great additions to this tropical smoothie For a thicker smoothie, add more banana or other soft ingredients. You can serve this as a smoothie bowl with more chopped tropical fruit. To get a thinner smoothie, add more liquid such as juice or coconut milk. Or use coconut water instead of coconut milk. Serving: 1serving | Calories: 274kcal | Carbohydrates: 52g | Protein: 3g | Fat: 9g | Saturated Fat: 7g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 0.5g | Sodium: 11mg | Potassium: 674mg | Fiber: 5g | Sugar: 38g | Vitamin A: 989IU | Vitamin C: 77mg | Calcium: 38mg | Iron: 2mg PLEASE NOTE: Nutritional values are estimated by a computer and may vary based on ingredients and portion sizes. For personalised dietary advice, please consult a qualified healthcare professional. Share on Facebook Pin This Recipe Going as low as 43 calories per serving, these low-calorie smoothies are ideal for those hoping to shed a few pounds. And did I mention they're delicious? WANT TO SAVE THIS RECIPE? Enter your email below & we'll send it straight to your inbox. While it is highly advised to cut out sweets and treats when trying to be more healthy, it's not always possible. After all, dessert is the best part of a meal, right? Luckily, you can satisfy your sweet tooth and get a hit of nutrients thanks to these tasty low-calorie smoothies. They're wonderfully sweet, fruity, and simply delightful. Whether you're looking for a hearty breakfast, an invigorating afternoon snack, or a refreshing dessert, this berry smoothie perfectly fits the bill. A blend of frozen mixed berries and almond milk, it won't be a surprise to hear that this is berry-licious. It's packed with fiber, antioxidants, calcium, and more. So instead of reaching for a chocolate bar or a bag of chips, go for this berry smoothie. It's just as scrumptious and satisfying but a whole lot better for you. This five-ingredient, five-minute smoothie is a happy mix of banana, orange, Greek yogurt, milk, and honey. It's rich and creamy thanks to the banana and milk. In fact, it's so thick, it's almost like a milkshake (without the ice cream, of course). What makes it stand out from most smoothies is the addition of orange. That hit of bright citrus complements the sweetness of the banana surprisingly well. You'll love this if you This recipe is for you if you like a bit of tartness and a lot of deliciousness to your morning drinks. As an added bonus, this smoothie is just 122 calories! Besides the obvious ingredients, this peach and pineapple smoothie has a secret component that makes it a cut above the rest. But first, let's talk about how outrageously tall and fluffy it is. The key is to whip the ingredients together in a large blender or food processor. This will give the mixture adequate space to rise. Now, ready for the secret ingredient? It's none other than orange zest. Adding just a dash will enhance the flavors of the pineapple and peaches, giving your smoothie an even brighter taste. When it comes to smoothies, I usually try to avoid those loaded with leafy greens. I know greens are good for you, but I just can't take that grassy, vegetal taste. This green smoothie is one of the few exceptions, though. And just like the previous recipe, this one has a secret ingredient: frozen ripe mango. This sweet, juicy, golden fruit does so well at masking the unpleasant, herbaceous taste of kale and spinach. So, while this smoothie is all-green, it doesn't taste like it. While avocado is often touted as a savory ingredient, it's also a fantastic smoothie ingredient. I mean, why not? It's rich and creamy on its own, so it only makes sense! It even has a mildly nutty flavor that'll add personality to your smoothies. This super fruit is so perfect for making smoothies; the only other things you need here are milk, condensed milk (opt for sugar-free), and ice. Pro-tip: want to make your smoothie extra sweet? Throw a frozen banana into the mix. In the mood for a nostalgic drink? Walk down memory lane and have a refreshing sip of this Orange Julius smoothie. Unlike the original OJ, which contains ingredients such as carboxymethylcellulose (what even is that?) and a whopping 48 grams of sugar, this smoothie is made of all-natural ingredients. But, despite being a healthier version, it still has the delectable flavor profile of the OG. All you'll need are bananas, oranges, almond milk, and ice cubes – no added sugar whatsoever! Aside from its gorgeous pink hue, you'll love this raspberry smoothie for its perfect balance of sweet, creamy, and tart flavors. A blend of raspberries, bananas, almond milk, maple syrup, and lime juice, this smoothie is simple but spectacular. While adding lime juice to an already tart berry smoothie sounds a little odd, don't skip it. It enhances the drink's flavors, giving you more deliciousness in every sip. Pro-tip: use frozen bananas and raspberries, so your smoothie stays cold longer, even without ice. On the hunt for a delicious post-workout meal? Look no further than this vanilla protein shake. This easy recipe combines banana, milk, and natural protein powder to create a protein-packed shake/smoothie. Add a little bit of maple syrup for sweetness if you like, but if your banana is ripe enough, there should be no need for it. A splash of vanilla will also help bring out the natural sweetness of the banana, so be sure to add it in. Believe it or not, this extremely mouthwatering milkshake is only 43 calories. This is not a drill, people! It's really just a mix of almond milk, cocoa powder, sweetener, and ice cubes, so it's not surprising why it's low in calories. What's shocking, though, is how ridiculously scrumptious it is. Usually, a chocolate milkshake would call for chocolate ice cream. This one replaces it with almond milk and cocoa powder and still delivers the same rich and decadent flavors. While this three-ingredient smoothie doesn't look as decadent as the other ones on this list, it's just as delectable – if not more so! With the goodness of apples, cinnamon, and almond milk, this smoothie bursts with all the warming flavors of fall. Start your day off right with a delicious and fresh orange juice smoothie! This simple recipe is packed with fresh oranges, creamy textures, and delicious flavor. It is always my regular breakfast favorite. In this blog post, we'll dive into the world of orange juice smoothies recipe, walk through the steps of making one, and provide tips for making the best one and so much more. So let's get started! Jump To Fresh oranges: The star ingredient of an orange juice smoothie is, of course, the natural orange juice. When you are in the store to pick up oranges, pick the ones that are ripe and quality. Remember that the best oranges for orange juice smoothies are typically ripe, sweet, and juicy. They will ensure that your smoothie is bursting with flavor! Frozen banana: To add thickness and a frosty chill, consider including a frozen banana in your Orange Juice Smoothie. It's a great way to make your smoothie ice-cold, adding a natural sweetness to your drink. Half an apple: Apples add a pleasant, slightly tart flavor to the smoothie. Their creamy and thick consistency makes the orange juice smoothie more satisfying and filling. Make sure to peel and core them to remove any seeds or inedible parts. You can use any apple variety, such as Granny Smith, Gala, or Fuji. I used Fuji apple in this recipe. Almond milk: To achieve the perfect texture and consistency, use almond milk or any dairy-free milk as your dairy-free base, such as coconut milk, soy milk, or oat milk. All these options provide a creamy, nutty flavor that pairs well with the orange juice smoothie. Ice cubes: Ice cubes make the smoothie cold and refreshing. More importantly, it can provide the perfect consistency and give the smoothie a slushy and frosty quality that many people enjoy. You can always adjust the number of ice cubes to suit the specific texture you desire for your orange juice smoothie. Honey: to taste. Feel free to use your favorite sweeter. It is optional. If you desire a little extra sweetness, you can add a touch of natural sweeteners like maple syrup or a drop of vanilla extract. Creating this delicious smoothie is easy. Here's a step-by-step guide to help you make one: Gather the ingredients and make sure you have all the ingredients and your blender ready to go. Wash the fresh oranges first, then peel the oranges and set aside. Peel the ripe banana and break it into a few smaller pieces. Wash, peel, and core the apple. Remove any seeds or inedible parts. Place the fresh orange pieces, apple pieces, banana pieces, almond milk, ice cubes, and honey (if using) into the high-powered blender. Blend all the ingredients until they are smooth and creamy. Taste the smoothie and adjust the sweetness or thickness as needed. Once you're satisfied with the smoothie's taste and consistency, pour it into a glass or to-go cup. Serve it immediately while it's fresh and cold. Enjoy your orange juice smoothie! Orange juice smoothies offer a delightful combination of citrusy flavors and versatility. Here are several varieties of orange juice smoothies to try: You can create a tropical smoothie by adding mango, strawberry, and pineapple, or make a refreshing green smoothie by including spinach or kale. Creating the perfect orange juice smoothie requires a few tips to achieve the best results. Here are some suggestions to help you make a delicious orange juice smoothie: Chill ingredients: For a colder and more refreshing smoothie, chill your oranges and any other ingredients that can be refrigerated before blending. Use fresh oranges: Whenever possible, use fresh oranges for your smoothie. However, if you use store-bought juice, choose 100% pure orange juice without added sugar. Fruit smoothies have the best consistency right after blending. They are smooth, creamy, and well-mixed. Over time, some separation or settling may occur, and the texture can change. So enjoy your orange juice smoothie as soon as it is made. If you prefer a thicker smoothie, you can add a little bit of Greek yogurt to your smoothie if you want. It usually makes smoothies thicker. This orange juice smoothie recipe is extremely easy to prepare - just a few simple ingredients and a few minutes of your time, and you'll have a smoothie you'll love! There is no doubt that this delicious creamy smoothie is a great way to get lots of vitamin C in the flu season or anytime in the whole year! Another great thing about orange juice smoothies is that they are perfect for any time of day so that you can enjoy them anytime and anywhere! Give it and try and enjoy the refreshing burst of flavor! 2 oranges1 frozen banana½ Fuji apple¼ cup almond milk2 cups ice cubeshoney to taste optional Gather the ingredients and make sure you have all the ingredients and your blender ready to go.Wash the fresh oranges first, then peel the oranges and set aside.Peel the frozen banana and break it into a few smaller pieces. Wash, peel, and core the apple. Remove any seeds or inedible parts.Place the fresh orange pieces, apple pieces, banana pieces, almond milk, ice cubes, and honey (if using) into the high-powered blender. Blend all the ingredients until they are smooth and creamy.Taste the smoothie and adjust the sweetness or thickness as needed. Once you're satisfied with the smoothie's taste and consistency, pour it into a glass or to-go cup.Serve it immediately while it's fresh and cold. Enjoy your orange juice smoothie! Calories: 237kcal | Carbohydrates: 44.5g | Protein: 3.2g | Fat: 7.7g | Saturated Fat: 6.4g | Sodium: 6mg | Potassium: 683mg | Fiber: 8g | Sugar: 31.2g | Calcium: 82mg | Iron: 1mg @sassychopsticks9 or tag #sassychopsticks9 on Instagram! If desired, add more coconut milk for a thinner consistency or more frozen fruit for a thicker smoothie. Pour the smoothie into glasses and garnish with a fresh orange slice or a sprinkle of shredded coconut. Blend in a handful of spinach or kale for an extra dose of vitamins and minerals. Indulge in a tropical oasis with our refreshing Tropical Smoothie Awesome Orange Recipe. Bursting with vibrant flavors and nourishing ingredients, this smoothie will transport you to a sun-drenched beach, leaving you feeling energized and refreshed. Ingredients: 1 cup frozen mango chunks 1/2 cup frozen pineapple chunks 1 large ripe orange, peeled and sectioned 1/2 cup unsweetened coconut milk 1/4 cup plain Greek yogurt 1 tablespoon chia seeds 1 teaspoon honey (optional) 1/4 teaspoon ground turmeric (optional) Instructions: 1. Prep the Orange: Peel and section the orange, removing any seeds. 2. Combine Ingredients: In a blender, combine the mango, pineapple, orange sections, coconut milk, Greek yogurt, chia seeds, honey (if desired), and turmeric (if desired). 3. Blend Until Smooth: Blend on high speed until the mixture is smooth and creamy. 4. Adjust Consistency: If desired, add more coconut milk for a thinner consistency or more frozen fruit for a thicker smoothie. 5. Pour and Enjoy: Pour the smoothie into glasses and garnish with a fresh orange slice or a sprinkle of shredded coconut. Nutritional Goodness: This smoothie is a powerhouse of nutrients, including: Vitamin C: Abundant in oranges, vitamin C supports immune function and skin health. Fiber: The mango, pineapple, and chia seeds provide dietary fiber, aiding in digestion and satiety. Antioxidants: The turmeric and orange contain antioxidants that protect against cell damage. Potassium: The coconut milk and oranges are rich in potassium, essential for muscle and nerve function. Protein: The Greek yogurt contributes protein for muscle recovery and satiety. Variations: Berry Boost: Add 1/4 cup of frozen raspberries or blueberries for a vibrant antioxidant boost. Tropical Twist: Swap the orange for 1/2 cup of passion fruit or papaya for a unique tropical flavor. Creamy Delight: Use frozen banana slices instead of ice for a creamy and naturally sweet smoothie. Spicy Kick: Add a pinch of cayenne pepper or ginger for a subtle spicy kick. Green Goddess: Blend in a handful of spinach or kale for an extra dose of vitamins and minerals. Health Benefits: Indulging in this Tropical Smoothie Awesome Orange Recipe offers several health benefits: Boosts Energy: The natural sugars in the fruit provide a quick energy boost without the crash. Improves Digestion: The fiber content promotes healthy digestion and regularity. Supports Immunity: The vitamin C and antioxidants strengthen the immune system. Reduces Inflammation: The turmeric and pineapple contain anti-inflammatory compounds that help reduce inflammation throughout the body. Promotes Healthy Skin: The vitamin C and antioxidants support collagen production, essential for healthy and radiant skin. FAQ: Q: Can I use fresh fruit instead of frozen fruit? A: Yes, you can use fresh fruit, but frozen fruit is recommended for a thicker and more refreshing smoothie. Q: Is coconut milk necessary? A: Coconut milk adds a creamy texture and tropical flavor, but you can substitute it with almond milk or water. Q: Can I add protein powder? A: Yes, you can add 1-2 scoops of your favorite protein powder for an extra protein boost. Q: How long can I store the smoothie? A: The smoothie is best enjoyed fresh, but you can store it in the refrigerator for up to 24 hours. Q: Is this smoothie suitable for vegans? A: Yes, this smoothie is vegan-friendly if you use plant-based milk and yogurt. Q: Can I freeze the smoothie for later? A: Yes, you can freeze the smoothie in individual portions for up to 2 months. Thaw before serving. Q: What is the recommended serving size? A: This recipe yields approximately 2 servings, but you can adjust the quantity as needed. Q: Can I add other spices or herbs? A: Yes, feel free to experiment with spices or herbs such as cinnamon, nutmeg, or mint for added flavor. Q: Is honey necessary? A: Honey is optional and can be added for a touch of sweetness. You can also use maple syrup or agave nectar as alternatives. This post may contain affiliate links. As an Amazon Associate, I earn from qualifying purchases at no additional cost to you. Please see my disclaimer policy. Jump to Recipe Jump to Video Print Recipe Enjoy a delicious Vegan Orange Tropical Smoothie with coconut water and frozen fruits. It's a perfect, refreshing treat for a healthy breakfast or snack! Great for coconut lovers. When I think of tropical, I immediately picture coconuts. There's nothing more refreshing than coconut water straight from the coconut. One of the best I've ever had was on Ipanema Beach in Rio several years ago. However, you don't need to visit tropical destinations to enjoy coconut water; it's readily available at grocery stores. Perfectly creamy: A smoothie made with coconut water tastes incredible, especially when you add almond milk for the perfect creaminess. It's so delicious! Yes, this smoothie is vegan! Its plant-based ingredients include banana, orange juice, coconut water, almond milk, frozen fruits, and maple syrup. The recipe does not contain animal-derived products, making it suitable for a vegan diet. 1 ripe banana – You can use a fresh or pre-frozen banana. Juice of 1 orange—Freshly squeezed orange juice is best, but you can use store-bought orange juice as a substitute. If using store-bought, use about 1/3 cup. 1/2 cup coconut water – Typically sold unsweetened, with a natural subtle sweetness from the coconut. Using unsweetened coconut water allows you to adjust sweetness with other ingredients. 1/2 cup almond milk – Or any other plant-based milk you choose. 1 cup frozen mixed fruits – like mango, pineapple, and berries. 1/2 tbsp maple syrup – Optional for added sweetness. Put the ripe banana in a blender and add the frozen mixed fruits. Pour in the coconut water and almond milk. Add freshly squeezed orange juice. Blend on high until the mixture is creamy and smooth. Taste your smoothie. If you prefer more sweetness, add the maple syrup and blend for a few more seconds. Pour the smoothie into a glass. Garnish with a slice of orange or a sprinkle of shredded coconut if desired. Absolutely! You can boost the protein content of your smoothie by adding protein powder. Here's how to incorporate it: Choose Your Protein Powder: Select a protein powder that suits your dietary needs, such as pea, hemp, or soy protein. Add to the Blender: Add the recommended serving size of protein powder to your blender along with the other ingredients. Blend Well: Blend everything until smooth. The protein powder will mix with the smoothie, enhancing its nutritional value and texture. This way, you'll have a delicious, protein-rich tropical smoothie perfect for a post-workout snack or a satisfying meal replacement! In summary, this vegan orange tropical smoothie is both refreshing and flexible. By incorporating ingredients like coconut water, almond milk, and frozen fruits, as well as options to enhance protein content through protein powder or seeds, you can easily customize it to fit your dietary needs and preferences. It's a delicious and nutritious choice for any time of day! Print Recipe Pin Recipe Combine the ripe banana in a blender with the frozen mixed fruits.Pour in the coconut water and almond milk. Add freshly squeezed orange juice. Blend on high until the mixture is creamy and smooth.Taste your smoothie. If you prefer more sweetness, add the maple syrup and blend for a few more seconds.Pour the smoothie into a glass. Garnish with a slice of orange or a sprinkle of shredded coconut if desired. Refer to the post above for video instructions and other useful information. Nutrition information is an estimate and will depend on your specific ingredients. You can boost the protein content of your smoothie by adding protein powder. If you prefer not to use protein powder, try blending in a tablespoon of chia seeds. They're excellent protein sources and will add a slight texture without changing the flavor of your smoothie. Calories: 369kcal | Carbohydrates: 89g | Protein: 5g | Fat: 3g | Saturated Fat: 0.4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 302mg | Potassium: 1.193mg | Fiber: 12g | Sugar: 63g | Vitamin A: 1.086IU | Vitamin C: 88mg | Calcium: 260mg | Iron: 2mg Mention @nenaswellnesscorner or tag #nenaswellnesscorner! This Easy Tropical Smoothie is ready in just 5 minutes and is bursting with healthy, tropical fruit that taste like a beach vacation. Skip the pricey smoothie bars and blend up this homemade delight for a quick breakfast, post-workout boost, or a healthy treat. Feeling festive? Add a shot of rum for a fun summery cocktail ✨. Ready to bring the taste of a beach vacation straight to your kitchen? This Easy Tropical Smoothie whisks you away to a sun-drenched paradise with every sip. It's packed with vibrant tropical fruits that blend together into a creamy, refreshing treat that dances on your taste buds. This tropical fruit smoothie recipe is a celebration of all things fruity and fun. It combines frozen mango, pineapple, and banana with creamy coconut milk and a splash of orange juice. The result? A thick, creamy smoothie that's as delicious, healthy, and packed with nutrition. Plus, the frozen fruit keeps it ice-cold without watering down the flavors, so you get the full burst of tropical goodness in every sip. Why You'll Love This Tropical Smoothie 5-Minute Prep: Quick, easy, and perfect for busy mornings. Healthy & Nutritious: Filled with vitamins, fiber, and natural sweetness. Versatile: Great as a breakfast, snack, or even a dessert. Plus, you can add rum for a tropical cocktail twist! Budget-Friendly: Skip the expensive smoothie bars and make this delightful drink at home. Tips for Making the Best Tropical Smoothie Use Frozen Fruit: Frozen fruit is the secret to a thick, creamy smoothie without needing ice, which can dilute the flavors. If you are starting with fresh fruit, I recommend chopping them, then placing in a bag and freezing overnight before making your smoothie. Frozen mango, pineapple, and banana are essential for a perfect tropical blend. Ripeness Matters: Be sure your banana is super ripe (think lots of brown spots) before freezing. This not only adds natural sweetness but also contributes to a smoother texture. Adjust Sweetness: If your smoothie isn't quite sweet enough, add pitted dates, agave, or your favorite sweetener to taste. Customize Your Fruits: Don't hesitate to mix in other tropical fruits like papaya or kiwi. Just ensure they're ripe and sweet for the best flavor. Cocktail Option: Looking for a tropical cocktail? Add a splash of rum to your smoothie. It's a refreshing drink perfect for parties or a hot summer day. What's Usually in a Tropical Smoothie? A classic tropical smoothie typically includes mango, pineapple, banana, coconut milk, orange juice, and dragon fruit or passion fruit. If you don't have dragon fruit or passion fruit, you can substitute with strawberries or raspberries, which, while not tropical, are still delicious! For coconut milk, I recommend using coconut milk beverage (the kind in a carton) as it's lighter compared to canned coconut milk, which is higher in fat. If you only have canned coconut milk, you can dilute it with water (use half coconut milk and half water). If neither type of coconut milk is available, any plant-based milk like oat or almond milk will work as a substitute. If you want a protein-packed smoothie, consider adding a scoop of vegan vanilla protein powder or a sprinkle of chia seeds or hemp hearts. How to Make a Tropical Smoothie: Let's dive into making this delicious tropical smoothie! Add all of your smoothie ingredients to your blender and blend everything until your smoothie has a completely smooth and creamy texture. Adjust the consistency of the smoothie as needed. If you prefer a thicker tropical smoothie, simply add a few ice cubes and blend it all again. For a thinner consistency, add more coconut milk or orange juice to the smoothie mixture. When you have reached your desired consistency and are finished blending, divide your Tropical Smoothie among two glasses and enjoy immediately. This Tropical Smoothie Recipe Is… 5 minutes to make packed full of healthy fruit taste like a beach vacation More Smoothie Recipes: If you try this recipe, let us know by leaving a comment, rating it, and don't forget to tag @itdoesnttastelikechicken on Instagram. Bon appetegan! Sam Turnbull. Posted on March 13, 2025 Summer's here, and nothing beats the heat like a frosty, citrus-packed smoothie! Whether you're craving a tropical escape or a zesty morning boost, these 18 orange juice smoothie recipes are your ticket to refreshment. Quick, vibrant, and bursting with flavor, they're perfect for lazy poolside sips or on-the-go energy. Let's blend up some sunshine—your taste buds will thank you! Tropical Orange Pineapple Smoothie Hey there! If you're dreaming of a tropical getaway but your wallet says 'nope,' this Tropical Orange Pineapple Smoothie is your next best bet. It's like sunshine in a glass, minus the sunburn, and trust me, it's ridiculously easy to whip up. Ingredients 1 cup frozen pineapple chunks (no need to thaw, they're perfect straight from the freezer) 1 large orange, peeled and segmented (save the juice, it's liquid gold) 1/2 cup vanilla yogurt (for that creamy dreaminess) 1/2 cup coconut water (hydration station) 1 tbsp honey (because life's sweet enough already) A handful of ice cubes (for that frosty vibe) Instructions Blend the base: Toss the frozen pineapple chunks and orange segments (with their juice) into your blender. This is where the magic starts. Add creaminess: Spoon in the vanilla yogurt and pour in the coconut water. These guys are the backbone of your smoothie's texture. Sweeten the deal: Drizzle in the honey. If you're feeling wild, give it a quick taste and adjust if needed. Ice it up: Throw in a handful of ice cubes. This step is non-negotiable for that perfect slushy consistency. Blend to perfection: Hit blend on high until everything is smooth and dreamy. No chunks allowed here, folks. Pour this vibrant concoction into your favorite glass, and maybe even stick in a little umbrella if you're feeling extra. The first sip will transport you straight to the tropics, with the creamy yogurt balancing the tangy citrus and sweet pineapple. It's a flavor party, and everyone's invited. Orange Mango Coconut Smoothie Alright, let's dive into making this tropical dream of a smoothie that'll have you feeling like you're on vacation, even if you're just chilling in your kitchen. It's the perfect blend of sweet, tangy, and creamy, and guess what? It's a breeze to whip up. Ingredients 1 cup frozen mango chunks (no need to thaw, they're perfect straight from the freezer) 1/2 cup orange juice (freshly squeezed if you're feeling fancy, but store-bought works just fine) 1/2 cup coconut milk (the canned, full-fat kind for that ultra-creamy texture) 1 tbsp honey (or more if you like it sweeter) 1/2 tsp vanilla extract (because vanilla makes everything better) A handful of ice cubes (about 1/2 cup, but no need to measure—just grab a small handful) Instructions Blend the base: Toss the frozen mango chunks, orange juice, and coconut milk into your blender. This trio is the heart of the smoothie, so make sure they're well combined. Sweeten it up: Add the honey and vanilla extract. If you're unsure about the sweetness, start with 1 tbsp of honey—you can always add more after tasting. Ice it: Throw in the ice cubes. They'll thicken the smoothie and make it extra refreshing. Blend until smooth: Hit the blend button and let it run until everything is silky smooth. No mango chunks left behind! Taste and adjust: Give it a quick taste. Need more honey? More vanilla? Now's the time to tweak it to your liking. Serve immediately: Pour it into your favorite glass and enjoy right away. Smoothies are best fresh! This smoothie is like a tropical getaway in a glass—creamy from the coconut milk, tangy from the orange, and sweet from the mango. Try serving it with a little umbrella or a slice of orange on the rim for that extra vacation vibe. Berry Orange Blast Smoothie Alright, let's dive into making this Berry Orange Blast Smoothie that's gonna kick your morning into high gear. Imagine the tang of fresh oranges hugging the sweetness of berries, all whirled into a creamy, dreamy sip that's as vibrant as your favorite summer sunset. Ingredients 1 cup frozen mixed berries (strawberries, blueberries, raspberries) 1 large orange, peeled and segmented 1/2 cup vanilla Greek yogurt 1/2 cup almond milk 1 tbsp honey 1/2 tsp vanilla extract A handful of ice cubes Instructions Prep your fruit: Make sure your orange is peeled and segmented, and your berries are frozen and ready to go. Blend the base: Toss the orange segments, Greek yogurt, almond milk, honey, and vanilla extract into the blender. Blend on high for about 30 seconds until smooth. Add the berries: Throw in the frozen mixed berries and a handful of ice cubes. Blend again until everything is smooth and creamy, about another 30 seconds to 1 minute. If it's too thick, splash in a bit more almond milk. Taste and adjust: Give it a quick taste. Want it sweeter? Add a bit more honey. More tang? A squeeze of fresh orange juice does wonders. Serve immediately: Pour into your favorite glass, add a straw, and enjoy right away for the best texture and flavor. This smoothie is like a party in your mouth—creamy from the yogurt, with little bursts of berry goodness and a citrusy zing that wakes you up better than your alarm clock. Try it with a sprinkle of granola on top for crunch, or sip it alongside your breakfast toast for the ultimate morning duo. Creamy Orange Banana Smoothie Alright, let's dive into making this dreamy Creamy Orange Banana Smoothie that's about to become your new breakfast obsession. It's like sunshine in a glass, but you can actually drink it—no sunscreen required. Ingredients 1 cup orange juice (freshly squeezed for the win) 1 large banana (peeled and frozen, because nobody likes a warm smoothie) 1/2 cup Greek yogurt (plain, unless you're into sweet surprises) 1 tbsp honey (for that sweet, sweet love) 1/2 tsp vanilla extract (because vanilla makes everything better) A handful of ice cubes (about 1/2 cup, but who's counting?) Instructions Prep your blender: Grab your blender and make sure it's clean because yesterday's smoothie remnants are not invited to this party. Add the liquids first: Pour in the orange juice and Greek yogurt. Starting with liquids helps everything blend smoother, like a well-rehearsed boy band. Toss in the solids: Add the frozen banana, honey, and vanilla extract. The banana should be frozen to give your smoothie that thick, creamy texture we're all here for. Ice it up: Throw in the ice cubes last. They're like the cool friends that bring the party together. Blend to perfection: Hit blend on high for about 30 seconds, or until everything is smooth and there are no banana chunks plotting a rebellion. Taste test: Give it a quick taste. If it's not sweet enough, add a bit more honey and blend for another 5 seconds. Remember, you can always add, but you can't subtract. Serve immediately: Pour your smoothie into a glass and enjoy right away. This isn't a fine wine; it doesn't get better with age. This smoothie is creamy, dreamy, and just the right amount of sweet with a tangy kick from the orange. Serve it with a colorful straw or a tiny umbrella to really lean into the vacation vibes, even if you're just on your couch. Orange Carrot Ginger Smoothie Ready to kickstart your morning with a zesty twist? Let's blend up an Orange Carrot Ginger Smoothie that's like sunshine in a glass—packed with flavor and just the right amount of kick to wake you up. Ingredients 1 cup freshly squeezed orange juice (about 3-4 oranges) 1 cup chopped carrots (about 2 medium carrots, peeled and roughly chopped) 1 tablespoon freshly grated ginger 1 frozen banana (peeled and sliced before freezing) 1/2 cup plain Greek yogurt 1 tablespoon honey (optional, for sweetness) 1 cup ice cubes Instructions Prep the oranges: Roll the oranges on the counter to loosen the juice, then cut and squeeze to get 1 cup of fresh juice. Tip: No juicer? A fork works wonders to extract every last drop. Blend the base: In a blender, combine the orange juice, chopped carrots, and grated ginger. Blend on high for 30 seconds until smooth. Tip: Grate the ginger finely to avoid stringy bits in your smoothie. Add the creamy elements: Toss in the frozen banana slices and Greek yogurt. Blend again for another 30 seconds until creamy. Tip: Frozen banana not only chills the smoothie but also adds a thick, milkshake-like texture. Sweeten to taste: Drizzle in honey if you like your smoothie on the sweeter side, then blend for 10 more seconds to mix. Ice it up: Add the ice cubes and blend on high until the smoothie is frosty and smooth, about 20-30 seconds. Tip: For a thinner smoothie, start with less ice and add more as needed. This smoothie is a vibrant, velvety sip with a spicy ginger punch and a sweet finish. Serve it in a chilled glass with a carrot ribbon garnish for an extra fancy touch at brunch. Orange Strawberry Spinach Smoothie Dude, if you're looking for a smoothie that's like a party in your mouth with all the right guests—sweet, tangy, and a little bit leafy—then you've got to try this Orange Strawberry Spinach Smoothie. It's the kind of drink that makes you feel like you're doing something good for your body without sacrificing flavor. Ingredients 1 cup fresh spinach, tightly packed 1 cup frozen strawberries 1/2 cup orange juice, freshly squeezed if you're feeling fancy 1/2 cup vanilla yogurt 1 tbsp honey, because we all need a little sweetness 1/2 cup ice cubes, for that frosty vibe Instructions Blend the greens: Toss the spinach and orange juice into your blender first. This helps break down the spinach without leaving leafy chunks. Add the fruits: Throw in the frozen strawberries and vanilla yogurt. The strawberries bring the tang, and the yogurt adds creaminess. Sweeten it up: Drizzle in the honey. If you're not into honey, agave works too, but let's be real, honey's where it's at. Ice it: Add the ice cubes last to keep everything cool and give your smoothie that slushy texture we all love. Blend to perfection: Hit blend on high until everything is smooth and there are no strawberry chunks trying to sneak past you. This smoothie comes out creamy with a vibrant orange-pink hue that's almost too pretty to drink—almost. The strawberries and orange juice make it sweet with a zesty kick, while the spinach keeps it grounded. Serve it in a chilled glass with a strawberry on the rim, and you've got yourself a breakfast that feels like a treat. Orange Peach Yogurt Smoothie Dive into the creamy, dreamy world of smoothies with this Orange Peach Yogurt Smoothie that's like a vacation in a glass. Perfect for those mornings when you're running late but still want to feel like you've got your life together. Ingredients 1 cup frozen peach slices 1/2 cup orange juice, freshly squeezed 1/2 cup Greek yogurt 1 tbsp honey 1/2 tsp vanilla extract 1/4 cup ice cubes Instructions Blend the base: Toss the frozen peach slices and orange juice into your blender. This combo is the foundation of your smoothie, so make sure those peaches are frozen for that thick, slushy texture. Add creaminess: Scoop in the Greek yogurt and drizzle the honey over it. The yogurt adds a tangy punch while the honey sweetens the deal just right. Flavor boost: Drop in the vanilla extract. It's like the secret handshake that brings all the flavors together. Ice it up: Add the ice cubes last to keep everything chill. Blend on high for about 30 seconds or until the mixture is smooth and no icy chunks remain. Serve immediately: Pour into your favorite glass and take a moment to admire your handiwork. The smoothie should be thick, creamy, and bursting with sunny flavors. This Orange Peach Yogurt Smoothie is a creamy, dreamy blend that's both refreshing and satisfying. Try topping it with a sprinkle of granola for a crunchy contrast or a few fresh peach slices for an Instagram-worthy finish. Orange Vanilla Protein Smoothie Fancy a smoothie that's like a creamsicle but actually good for you? Let's whip up this Orange Vanilla Protein Smoothie that's packed with flavor and keeps you full. It's the perfect blend of sweet, tangy, and creamy, and hey, it's a great way to sneak in some protein without feeling like you're on a diet. Ingredients – 1 cup orange juice (freshly squeezed if you're feeling fancy) – 1/2 cup vanilla Greek yogurt (the creamier, the better) – 1 scoop vanilla protein powder (about 1/4 cup) – 1/2 cup ice cubes (because no one likes a lukewarm smoothie) – 1 tbsp honey (for that extra sweetness) – 1/2 tsp vanilla extract (because vanilla on vanilla is never a bad idea) Instructions 1. Blend the base: Pour the orange juice and vanilla Greek yogurt into your blender. This combo is the foundation of your smoothie, so make sure it's well mixed. 2. Add the protein: Scoop in the vanilla protein powder. If your powder tends to clump, give it a quick stir with a spoon before blending to avoid any chalky surprises. 3. Sweeten it up: Drizzle in the honey and add the vanilla extract. This is where the magic happens, turning your healthy smoothie into a treat. 4. Ice it: Toss in the ice cubes. More ice means a thicker smoothie, so adjust according to how you like it. 5. Blend to perfection: Hit blend on high until everything is smooth and creamy. No chunks allowed here, unless you're into that sort of thing. This smoothie is like sipping on a cloud with a hint of citrus sunshine. Serve it in a chilled glass with an orange slice on the rim for that extra 'I've got my life together' vibe. Orange Kale Green Smoothie Alright, let's dive into making this vibrant Orange Kale Green Smoothie that's as nutritious as it is Instagram-worthy. Imagine sipping on something that tastes like a tropical vacation but is packed with enough greens to make your body sing with joy. Ingredients 1 cup kale, stems removed and leaves roughly chopped 1 large orange, peeled and segmented 1/2 banana, frozen 1/2 cup almond milk, unsweetened 1 tbsp chia seeds 1 tsp honey (optional, for sweetness) Ice cubes (as needed for thickness) Instructions Prep the kale: Wash the kale leaves thoroughly under cold water, then pat them dry with a clean towel. Remove the stems and roughly chop the leaves to make blending easier. Segment the orange: Peel the orange and separate