



✂ Smoothie ⏱ 10 min

## Tropical Chiquita Banana Colada shake with coconut water

Enjoy the summer with our refreshing Chiquita banana shake! This tropical banana colada shake contains coconut milk, Chiquita bananas, mango juice, lime and fresh mint. It's alcohol-free for a healthy lifestyle!

1

Chop the Chiquita bananas in pieces and blend them with the coconut water, mango juice and a lime.

2

Pour the juice into the glasses and garnish with the other lime and the sprigs of mint.

3

Enjoy and share your Banana Colada shake recipe using [#ChiquitaBanana](#)

### INGREDIENTS FOR 2 PERSONS

- 2 Chiquita bananas
- 2 cups coconut water
- 2 cups mango juice
- 3 sprigs mint
- 2 limes

### NUTRITIONAL VALUES PER PERSON

- 171 Calories
- 0,3g Fat
- 0,1g Saturates
- 39,5g Carbohydrate
- 28,1g Sugars
- 2,8g Fibre
- 1,6g Protein
- 0,3g Salt