



YOUNG LIVING[®]
ESSENTIAL OILS

CHEF KATE

YL BRAND AMBASSADOR
& CHEF-TO-THE-STARS

LIFE'S A BEACH TROPICAL SMOOTHIE

MAKES 2 large glasses

PREP TIME 10 minutes

FREEZING TIME Overnight for fruit

INGREDIENTS

- 1 Frozen banana, medium sized
- ½ cup Frozen pineapple, coarsely chopped
- ½ cup Frozen mango, coarsely chopped
- ½ cup Yoghurt or non-dairy yoghurt
- 1½ cups Coconut milk or milk of choice
- ½ cup Pineapple juice or orange juice
- 2 tbsp. Fresh lemon juice (to taste)
- 1 tsp. Raw agave syrup or raw honey (to taste)
- 1-2 drops YL Lemon, Lime or Orange essential oils
- Shredded or desiccated coconut (optional)



METHOD

1. Place all ingredients in a blender, blend on high for 1-2 minutes until well combined. If more sweetness or liquid is required blend again.
2. Top with a slice of fresh pineapple and a little shredded or desiccated coconut, serve immediately or refrigerate for up to 24 hours.