

A Simple Summer Smoothie - Pihla Sahlberg

As summer is getting closer, and we start to spend more time outside with our family and friends, it is nice to have some fun, delicious and easy recipes in your pocket. These recipes work well as a breakfast, brunch, or lunch.

Mango-Strawberry Smoothie

A great and healthy breakfast or a midday snack can be a smoothie. This smoothie is refreshing on a hot day, is filling, and delicious. It's creamy and has a juicy berry flavor as the mango and strawberries work very well together. The Greek yogurt gives the smoothie protein; but if you are looking for extra protein, you can add vanilla protein powder. My sister always tells everybody that this smoothie that my mother makes is the best smoothie she has ever had, and nothing compares to it.

For about two servings you will need the following:

- 1 mango
- 10 strawberries
- 1 cup of Greek yogurt
- Milk
- Honey (optional)

Chop the mango and strawberries, and put them in a blender with the Greek yogurt. Slowly add milk until you reach the desired consistency. The more milk you add, the more runny the smoothie will be. Blend. If you want your smoothie to be sweeter, add some honey.

Croissant Sandwich

Try the smoothie with a delicious croissant sandwich, the perfect summer day snack you can impress your family and friends with. It's fresh and also super easy to make. If you are not a croissant person, you can make this sandwich with a baguette or sourdough bread as well.

For one croissant sandwich, you will need:

- A croissant (or bread of your choice)
- Pesto
- Tomatoes
- Mozzarella
- Basil

First, slice the croissant in half. Then add the pesto and the other ingredients, lastly adding the basil on top. Add salt and pepper if needed. And you're done, enjoy!

Serve with a side of fruit salad. My personal favorite is my grandmother's fruit salad. It brings me so many memories from summers in the past, and I hope it will in the future too. Combine apples, strawberries, blueberries, mandarin oranges, kiwis, grapes, and your fruit juice of choice.