## **Banana Berry Mango Smoothie**

From <u>Ashley's Cooking Adventures</u>

## Ingredients

1 frozen banana (or fresh) 1/4 cup frozen blueberries 1/4 cup frozen strawberries 1/4 cup fresh mango 1/2 cup yogurt 1 cup milk

## Directions

Place all ingredients into a blender or cup of a hand blender. Blend until everything is smooth and to your desired consistency. Enjoy!