

Banana Berry Mango Smoothie

From [Ashley's Cooking Adventures](#)

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!