

Banana, Strawberry, and Blueberry Smoothie

Ingredients

- ½ frozen banana
- 5 frozen strawberries
- ½ cup frozen blueberries
- 1 cup 100% juice or water
- ½ cup plain yogurt (for DF use coconut milk or DF yogurt)

Directions

Put all ingredients in blender and blend until smooth (if too thick add more water or juice)

Makes 1 smoothie