

Mango Banana Smoothie

Ingredients

1 Banana, peeled, cut in half

1 Honey mango, peeled, cut in pieces

-OR-

½ cup Mango pieces

¼ cup Plain yogurt

2 teaspoon Sugar

¼ cup Milk (dairy, almond, soy, etc.) or apple juice

2 cups Ice

Instructions

1. Combine all ingredients in a blender. Blend on high speed until smooth and creamy.