

## Mixed Berry Smoothies

### Ingredients:

- 2 cups frozen mangos
- 1 cup apple juice
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 cup frozen raspberries
- 1 tbsp. agave nectar (optional)

### Directions:

1. Add apple juice to the blender first. Then add all frozen fruit.
2. Lastly, add the agave nectar and blend until smooth and creamy, scraping down the sides of the blender as needed.
3. Pour into two cups and enjoy!

