Makes 2 Servings
This refreshing pineapple, banana and berry blend smoothie has 2 cups of fruit per serving.

Ingredients:
1 cup frozen strawberries
1 cup frozen raspberries
1 cup pineapple chunks
1 banana
1 cup skim milk (or almond milk)
1 1/2 cups ice

Directions:
1. Peel and slice the banana.
2. Gather all ingredients and combine in a blender
3. Cover and blend until smooth
4. Serve right away or pour into ice cube trays and freeze. During the week, pop out the cubes for a quick on-the-go breakfast.

Notes:
Get an additional food group in your smoothie by adding one cup of spinach or kale.

Source: https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/very-berry-smoothie