# Mango Almond Smoothie

**Ingredients:**

1 cup mango (frozen or fresh)

0.5 banana

0.5 cup Greek yoghurt

0.25 cup almond/peanut butter

0.75 cup almond milk or regular milk

1 tablespoon chia seeds

**Toppings**

Sliced almonds

Sliced mango

Chia seeds

Granola

1. Put everything in the blender. Blend until thick and smooth. Pour into a bowl.
2. Serve with your choice of toppings.