**Fruit Cereal**

Ingredients:

1 cup mixed berries
1 mango, diced
1 fresh banana
1 frozen banana
1 tablespoon [dried mulberries](https://amzn.to/2R1kp9t) (optional)

Directions:

Combine berries and mangoes in a bowl. To make banana milk, blend 1 fresh banana and 1 frozen banana with 1 cup of water. Pour over the fruit bowl, top with optional dried mulberries, and enjoy! Makes 1 serving.

Taken from Medical Medium