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Banana-Strawberry Smoothies

2 ripe small bananas
1 cup frozen unsweetened whole strawberries
1 8-ounce carton vanilla low-fat yogurt
3/4 cup milk..

1. Peel bananas. Cut bananas into chunks. Place banana chunks, frozen strawberries, yogurt, and milk into blender a container.
2. Cover blender and blend on high speed about 1 minute or until mixture is smooth. Turn off blender. Pour drink into 2 glasses. If desired, serve with pieces of toast spread with peanut butter. Makes 2 servings.

