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Fruit Smoothies

- 2 8-ounce cartons plain fat-free yogurt
- 2 ripe small bananas
- 1 cup sliced fresh strawberries or unsweetened frozen strawberries
- 1 cup fresh mixed berries, such as raspberries, blueberries, and/or blackberries, or unsweetened frozen mixed berries..

In a blender container, combine yogurt, bananas, and berries; cover and puree until nearly smooth.

Makes 4 servings.

