## Grand Manner Magazine

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## Raspberry Strawberry Yogurt Smoothie

Recipe courtesy of Midwest Dairy Association

Prep time: 5 minutes

Servings: 4

1 cup low-fat vanilla yogurt

cup unsweetened frozen raspberries

1 cup unsweetened frozen strawberries

3/4 cup low-fat milk

1 cup ice (about 12 cubes)

Blend all ingredients in blender until smooth. Serve immediately.

Source: Midwest Dairy Association

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