



Simple Strawberry Smoothie

1 Serving



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Ingredients:

- 1/4 c. low-fat yogurt (vanilla or strawberry)
- 1/2 c. frozen strawberries
- 1/2 frozen banana
- 1/3 c. skim milk

Directions:

1. Wash hands with warm soapy water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!

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