

# Razzle-Dazzle Smoothies

1 banana, peeled and broken into chunks

1 cup orange juice

1/2 cup low-fat yogurt

1/2 cup frozen raspberries

Mix all ingredients in blender until smooth. Pour into a glass and enjoy! *Makes about 2 1/2 cups or two servings.*



**Mix it up!**  
Try using strawberries or blueberries instead of raspberries!



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