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| Berry Smoothie Recipe from HIP |  |

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| **Ingredients:** |  |
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| 1 | Banana, frozen |
| 1 cup | Strawberries, frozen |
| 2/3 cup | Blackberries, frozen |
| 2 tsp | Chia Seeds |
| 2 sprigs | Fresh mint |
| 1 cup | Greek Yogurt |
| 1/2 cup | Almond or coconut milk  |
| as needed | Ice |

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**Directions:**

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| 1. Add milk, yogurt to a blender.
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| 1. Add frozen fruit. Blend on high until all fruit is smooth.
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| 1. Add ice, if needed or more liquid until the desired consistency is reached.
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