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## BLUEBERRY LEMON RASPBERRY SMOOTHIE

1 cup plain Greek Yogurt

½ cup cottage cheese

¼ milk

3 Tbsp. **Blueberry Lemon Dip & Dessert Mix**

1 cup fresh or frozen raspberries

Place all ingredients in a blender and  
blend until smooth.



• **Blueberry Lemon Dip & Dessert Mix**