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## Raspberry Banana Smoothie

- 2 bananas, frozen
- 1 1/2 cups pineapple juice
- 1 pkg. (8oz.) vanilla low-fat yogurt
- 1 cup fresh or frozen raspberries

Freeze bananas until hard in a single layer on a baking sheet.

Combine peeled and sliced bananas, pineapple juice, yogurt and raspberries in a blender; process until smooth.

Serve immediately

Yield: 5 cups