

## Featured Recipe



# Cranberry Raspberry Smoothie

## Ingredients

- 1 cup plain non-fat yogurt
- ½ cup frozen whole cranberries
- ½ cup frozen whole raspberries
- 2 tablespoon sugar

## Directions

1. Place all ingredients together in a blender and blend until smooth.
2. Pour into a tall decorative glass.
3. Garnish with whipped cream if desired.

Source: Cape Cod Cranberry Growers' Association

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