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## Pomegranate Berry Smoothie

- 2 cups frozen mixed berries
- 1 cup pomegranate juice
- 1 medium banana
- 1/2 cup nonfat cottage cheese
- 1/2 cup water
  - 1) Combine mixed berries, pomegranate juice, banana, cottage cheese and water in a blender; blend until smooth. Serve immediately.

Makes 2 Smoothies

