

# Sweet-Heart Smoothie

## Ingredients:

- 1 cup Cranberry-Raspberry Juice
- 1/2 Banana peeled
- 6 Ice Cubes
- 1 Tbsp. Carlson Leci-Key
- 1 Tbsp. Carlson Hi-Fiber
- 2 tsp. Carlson Very Finest Fish Oil

## Directions:

Place all ingredients into a blender. Mix until smooth. Enjoy it with your sweetheart.

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