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### Berry Milkshake

1/2-3/4 c. frozen strawberries, blueberries, blackberries, or raspberries  
1 1/2 c. milk  
Cool Whip, optional

Toss berries in blender. Pour milk over. If you are not using sweetened berries sprinkle in a bit of sugar. Blend on high until frothy. Garnish with Cool Whip if desired. Yields 2 cups.

