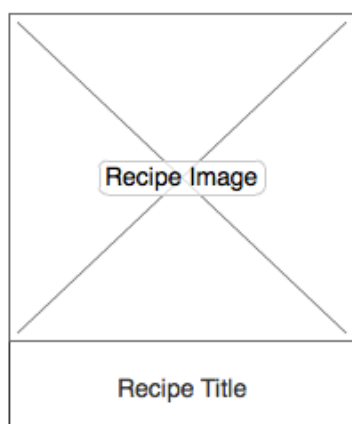
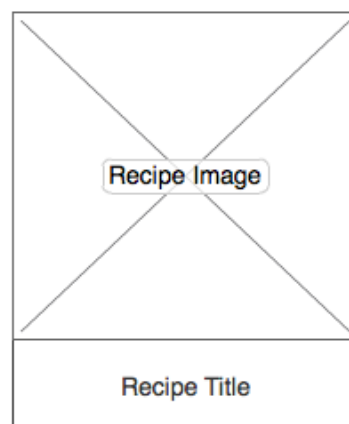
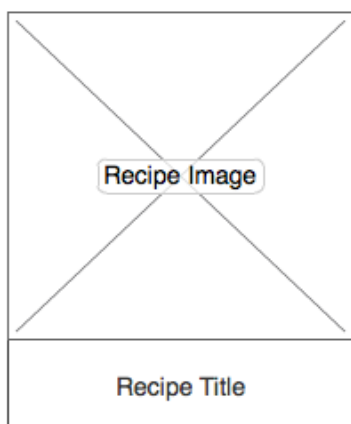
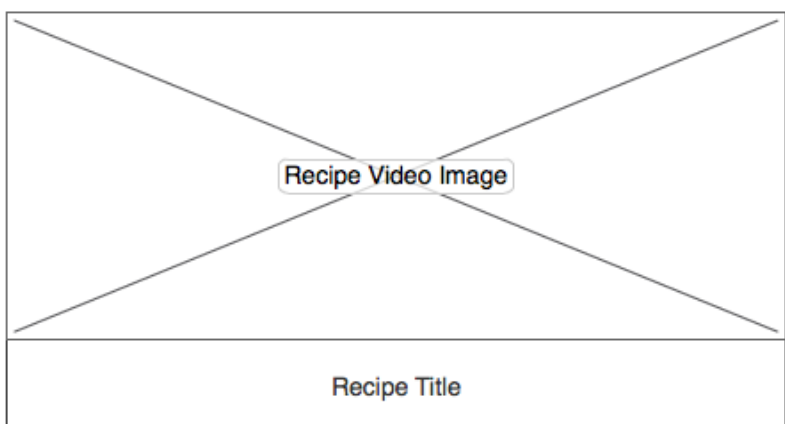
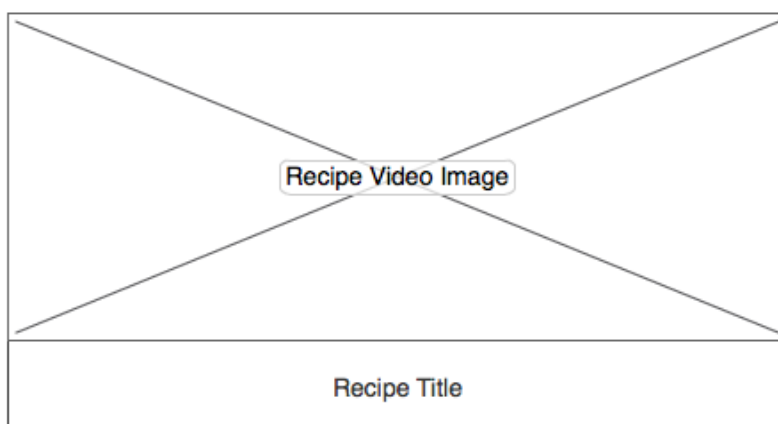
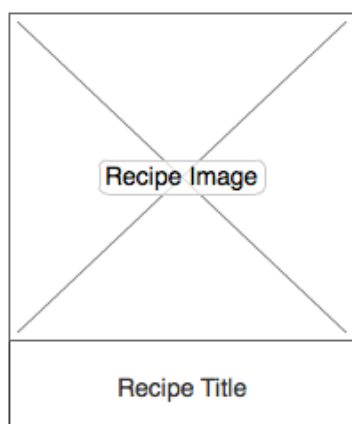
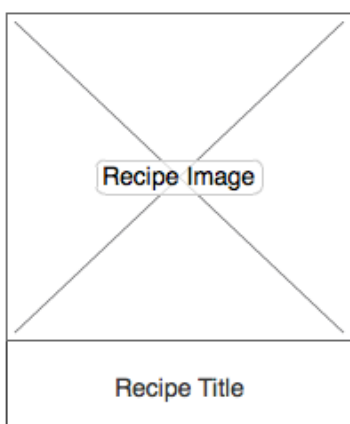
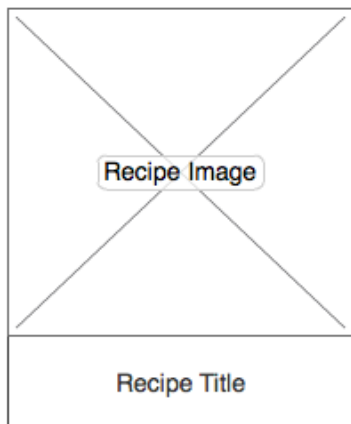
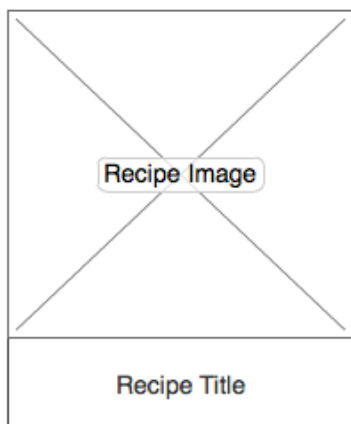
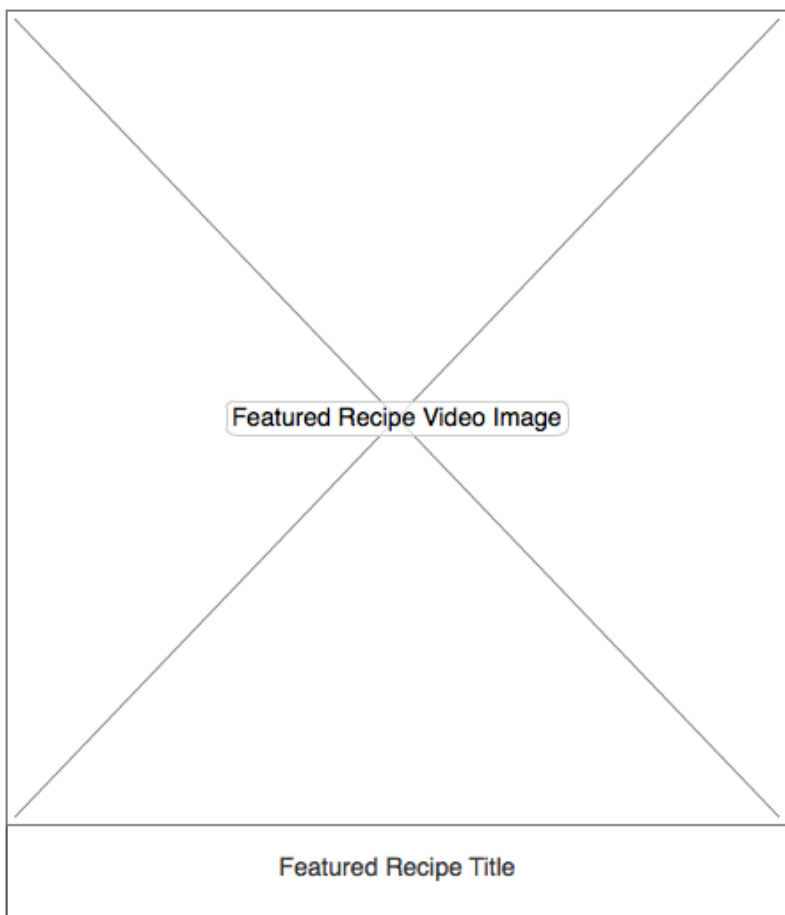
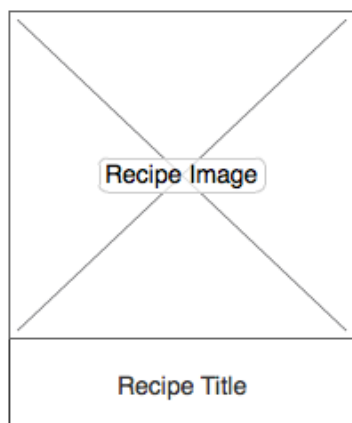
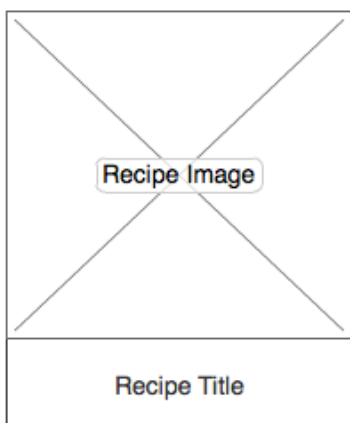
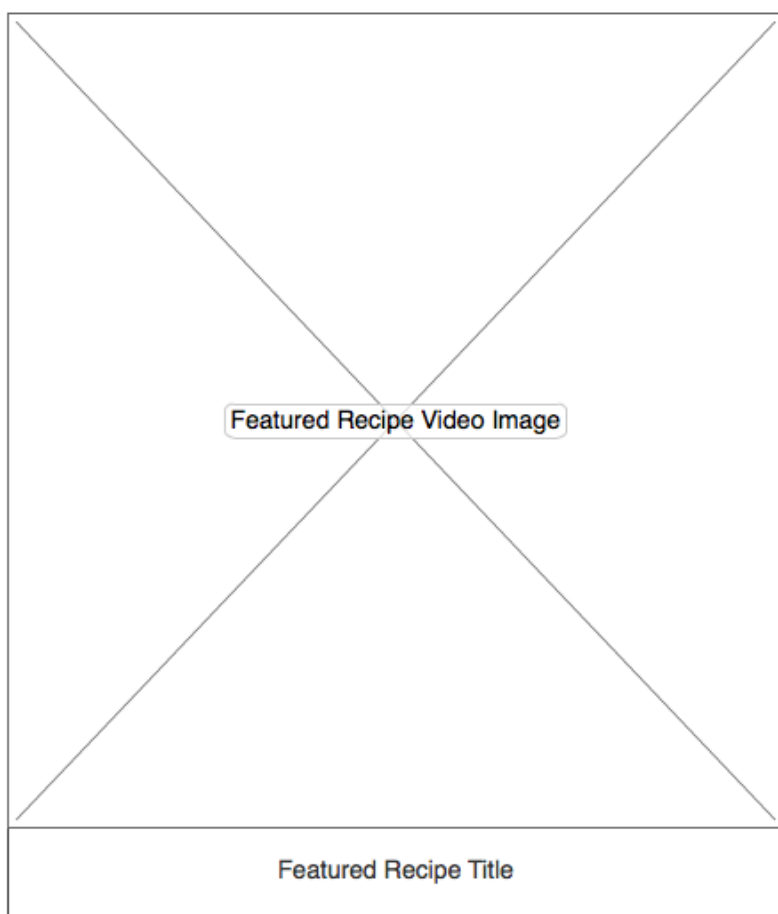
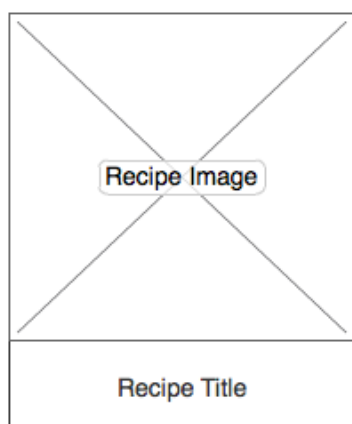
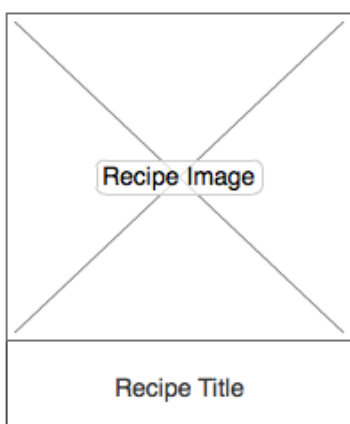


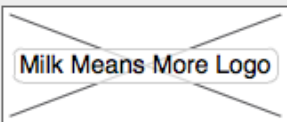
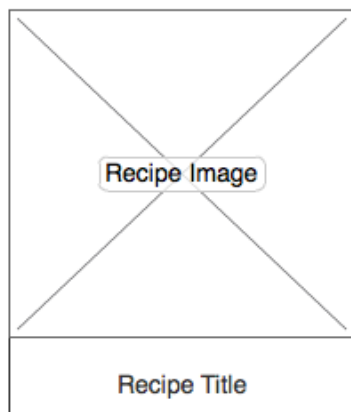
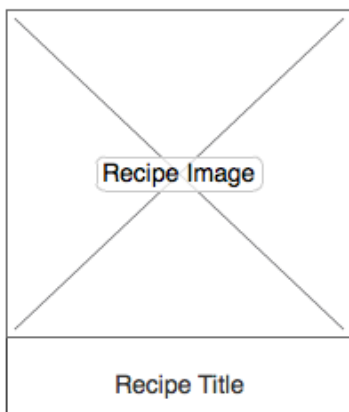
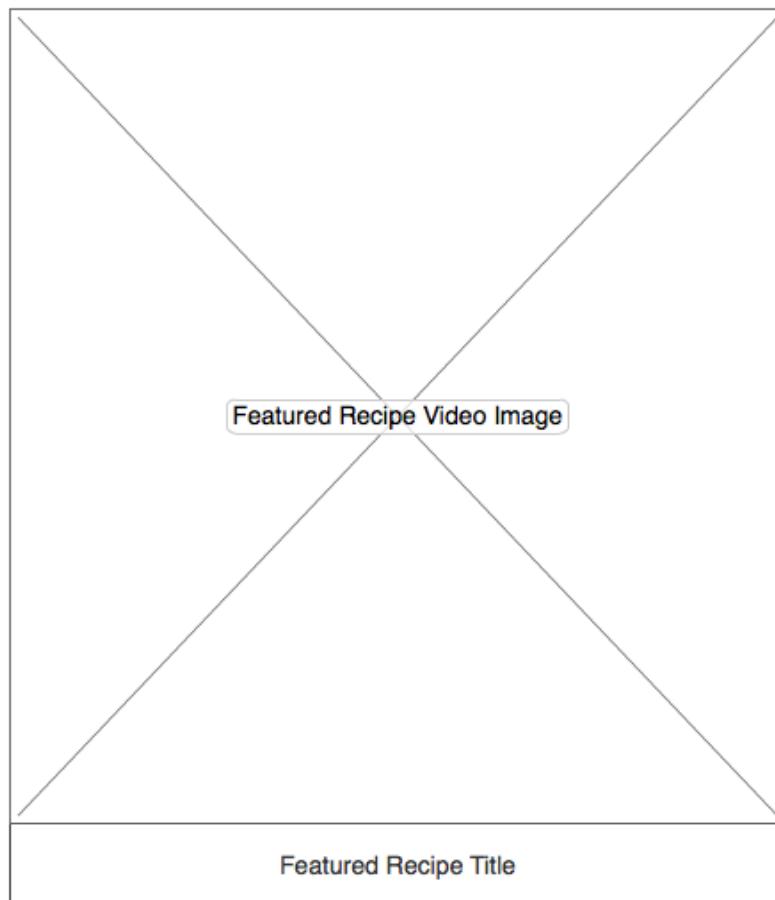
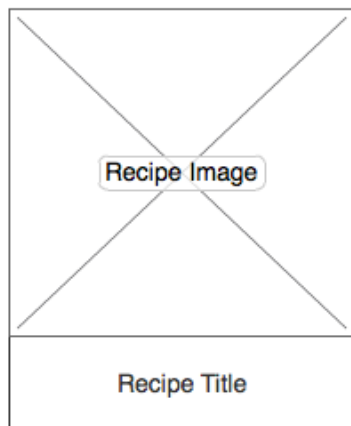
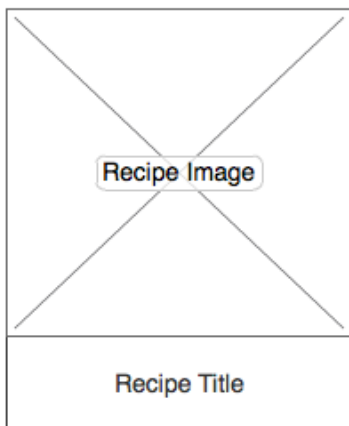
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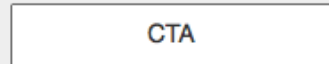


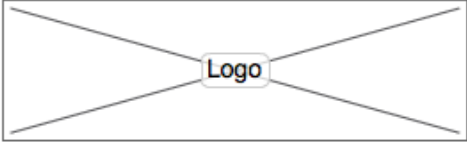
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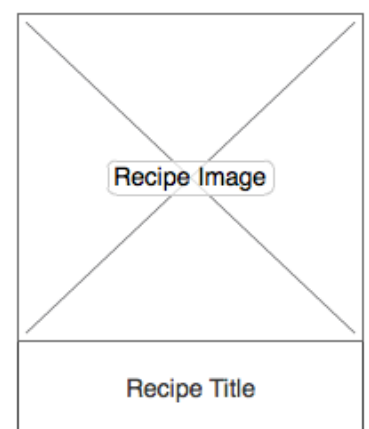
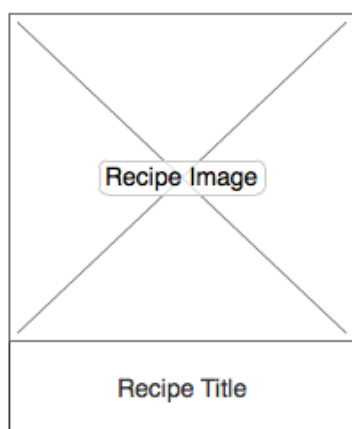
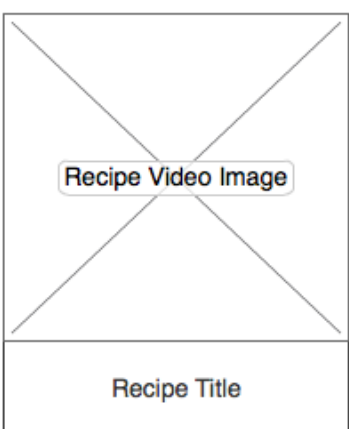
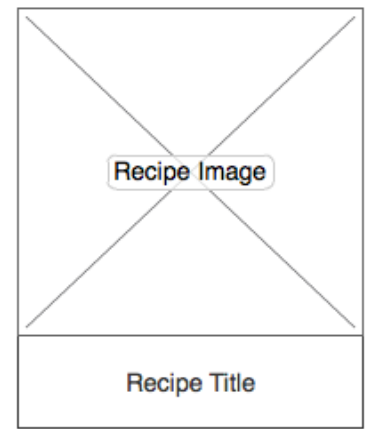
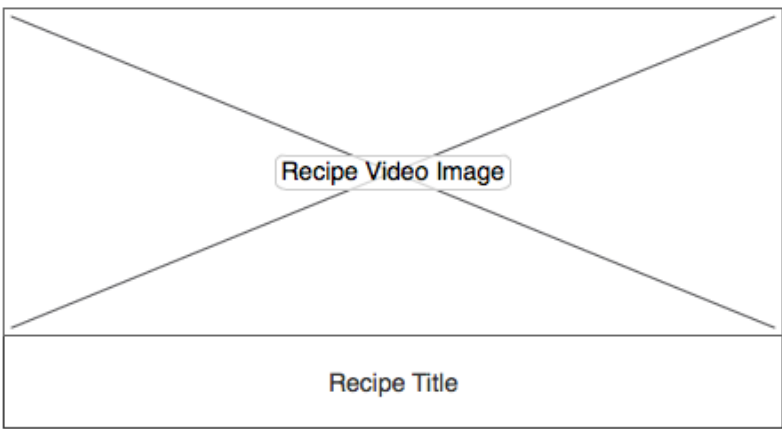
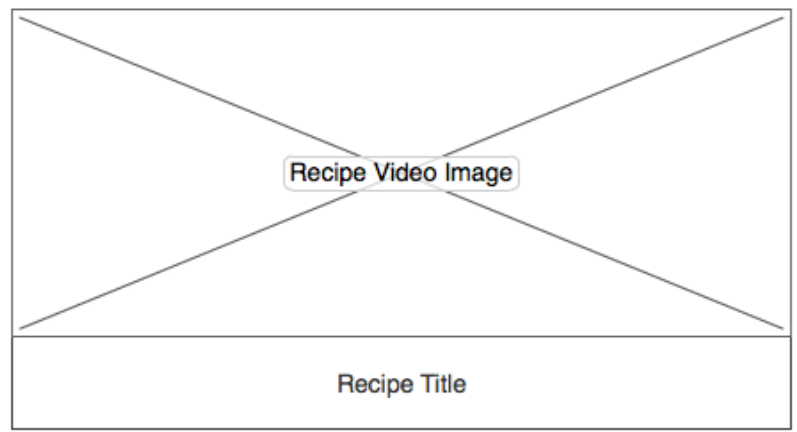
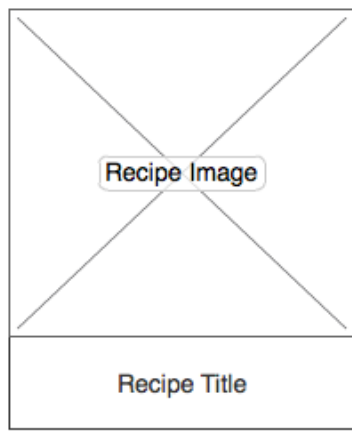
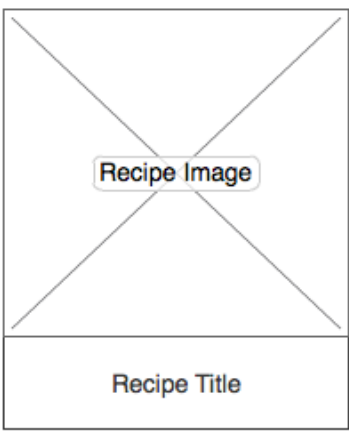
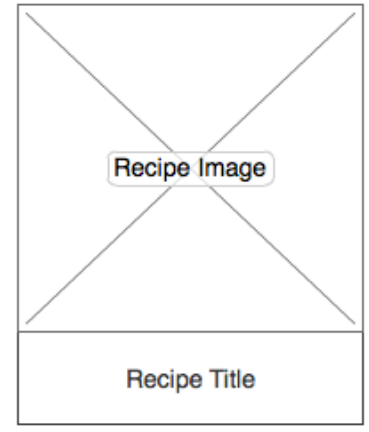
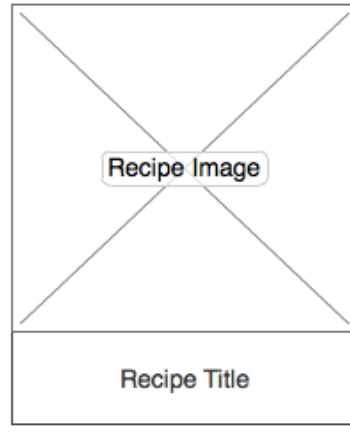
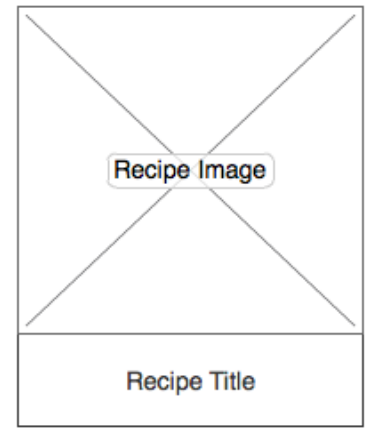
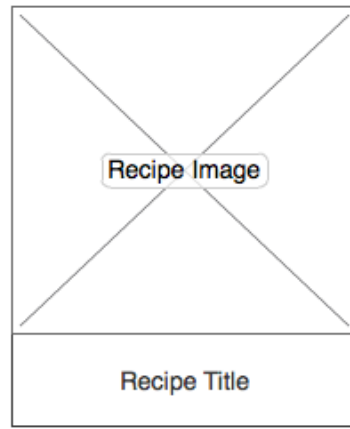
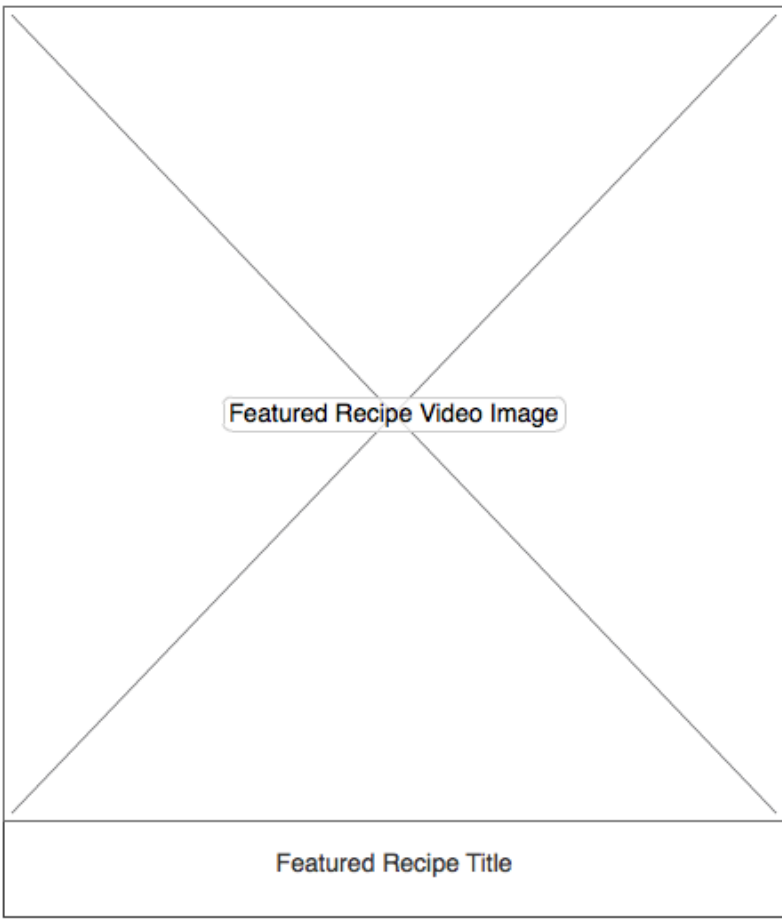
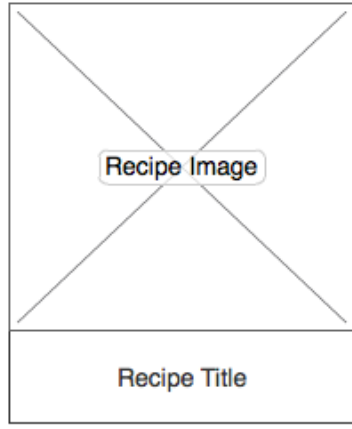
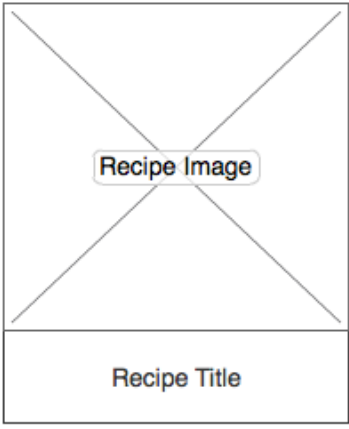
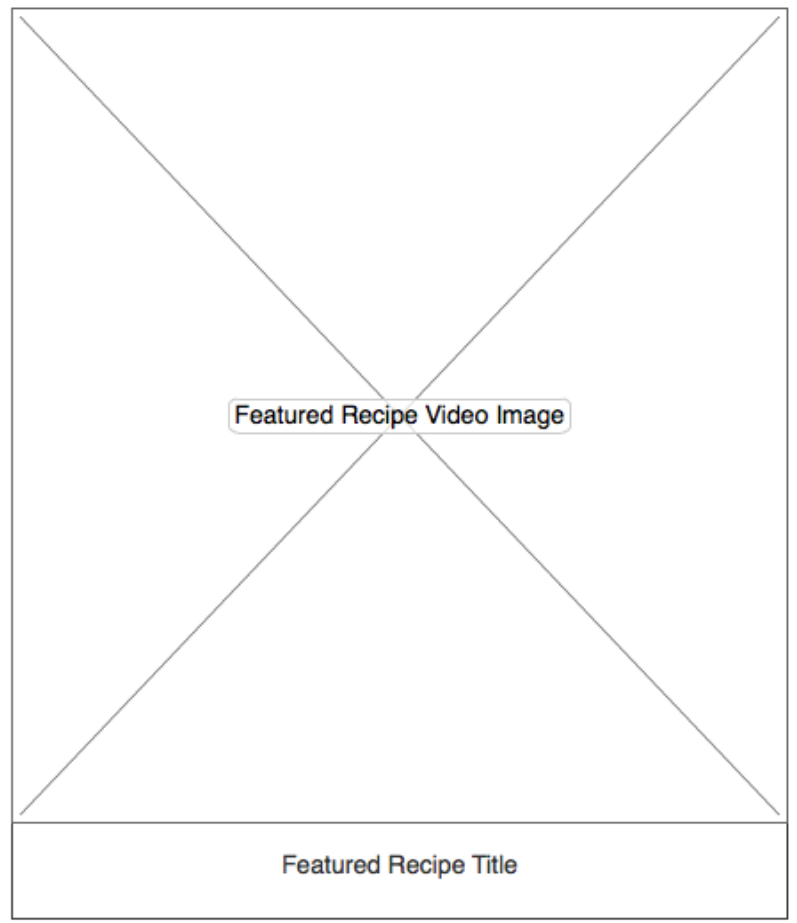
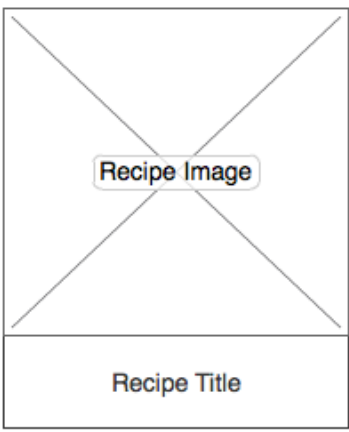
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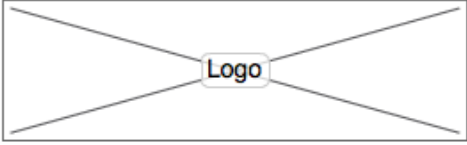




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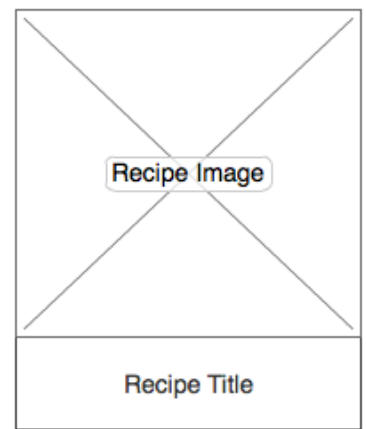
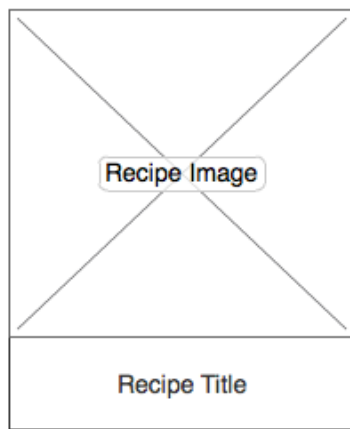
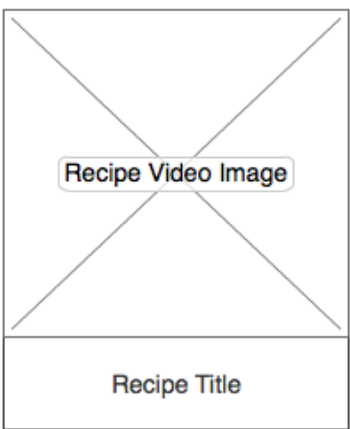
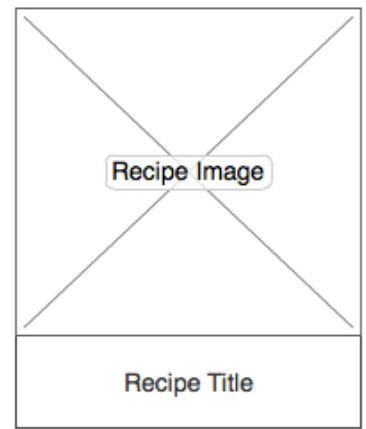
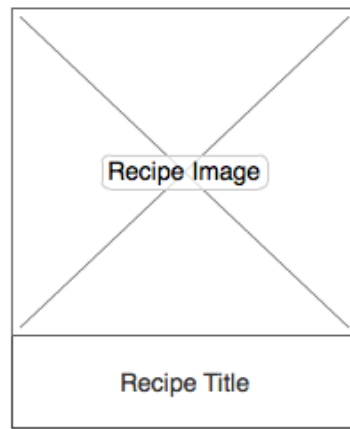
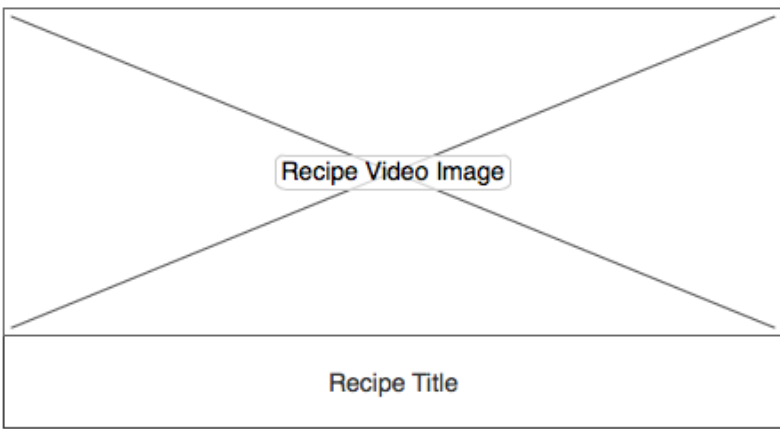
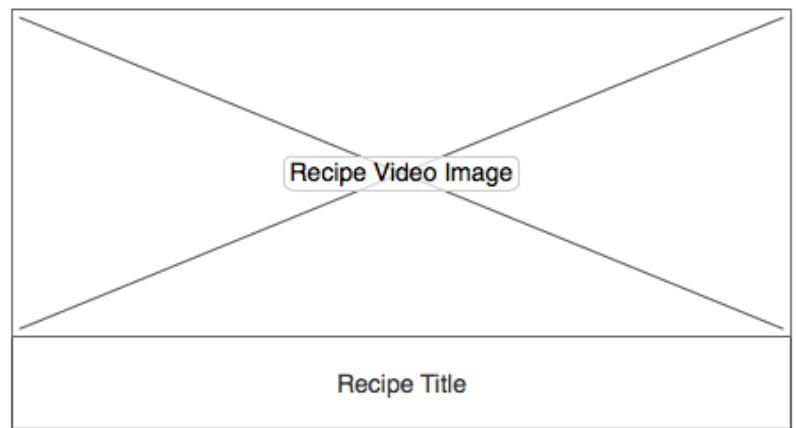
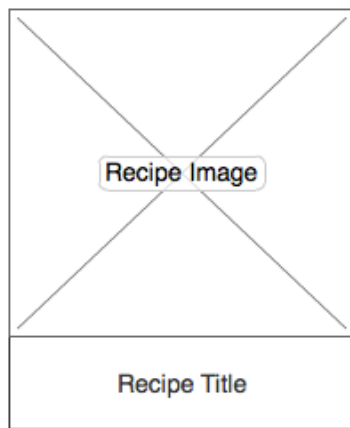
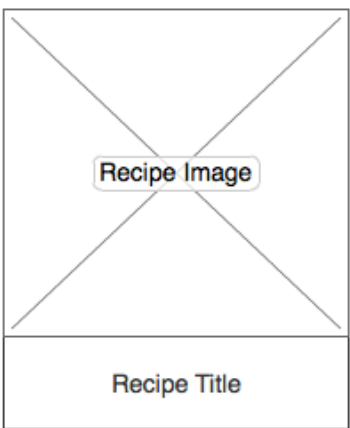
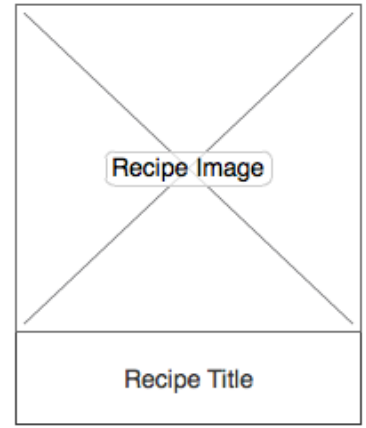
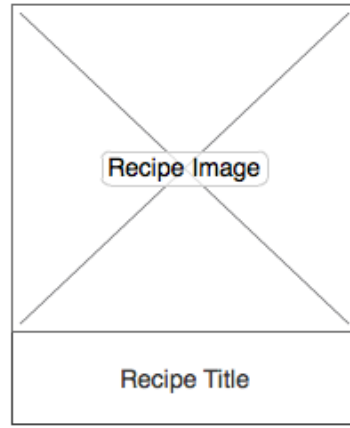
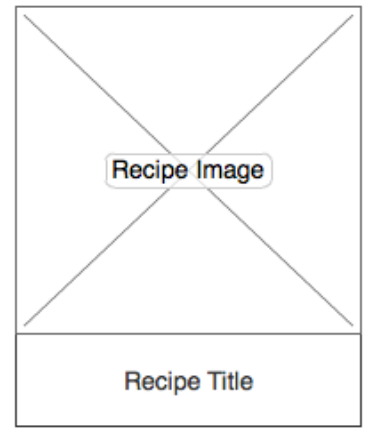
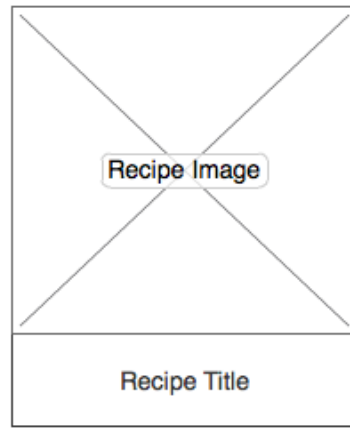
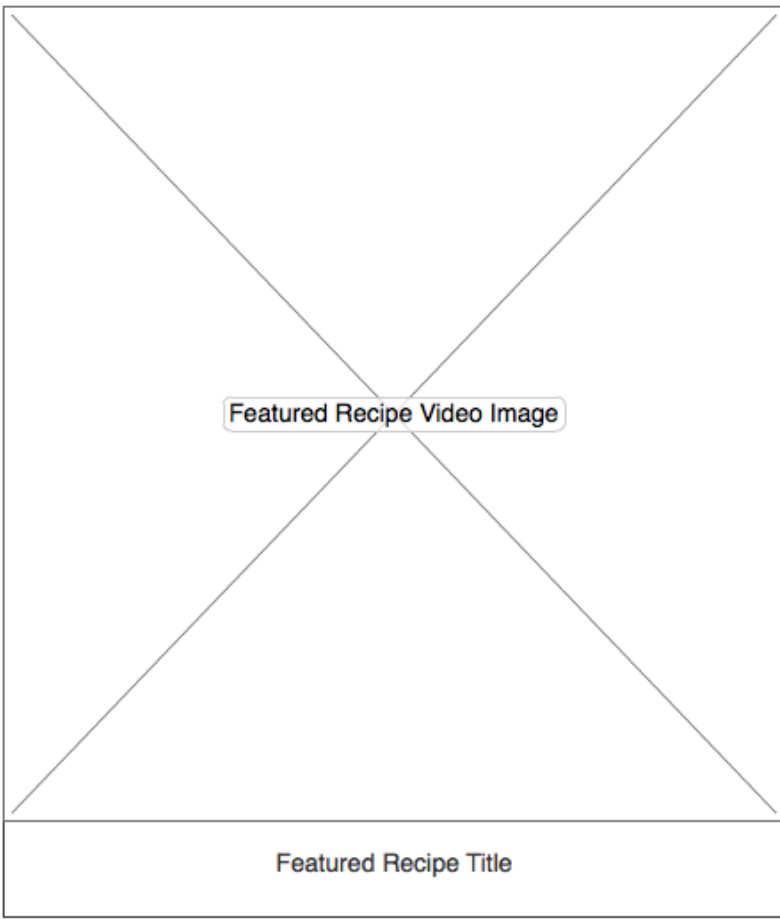
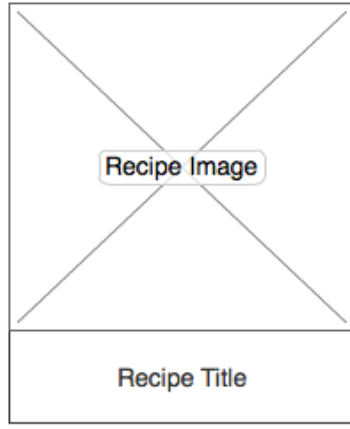
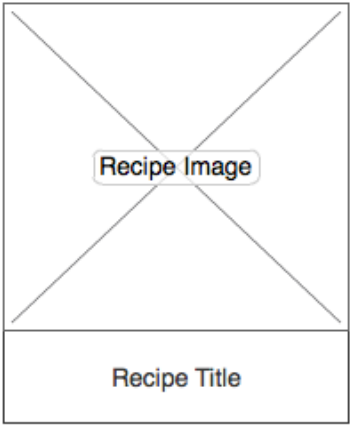
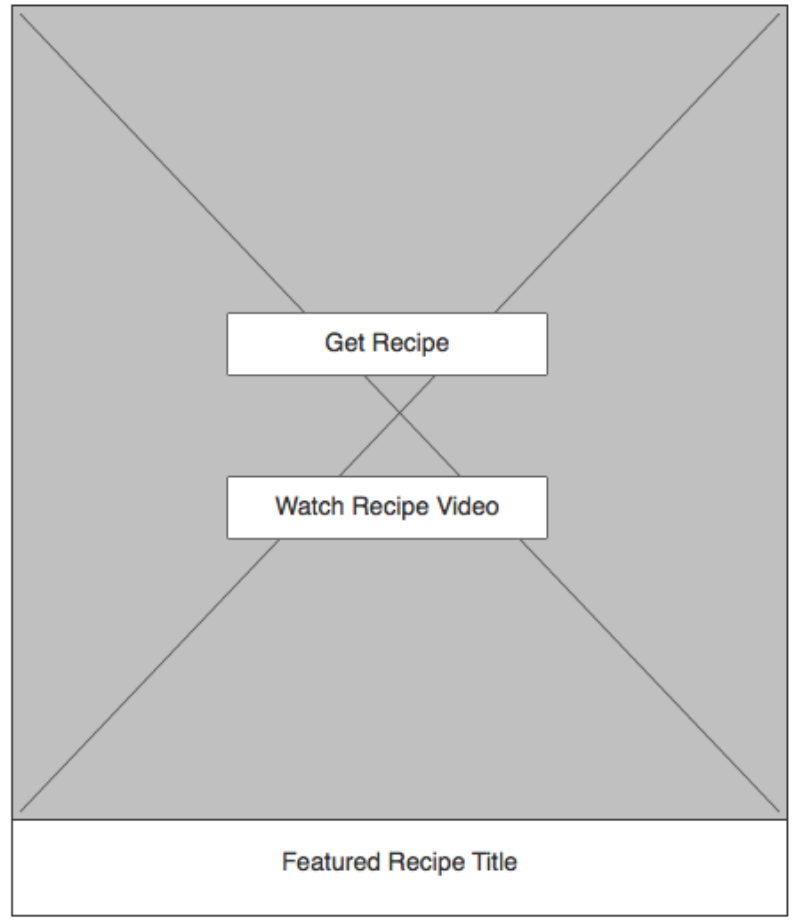
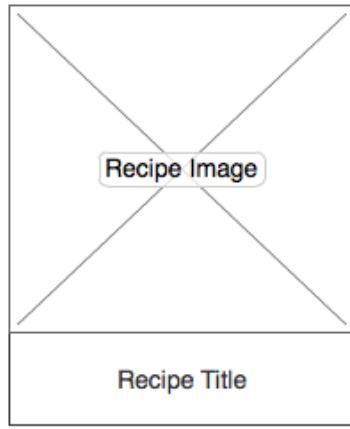
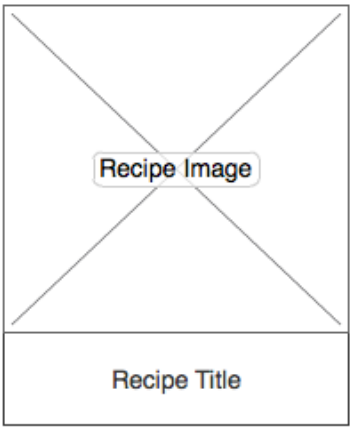
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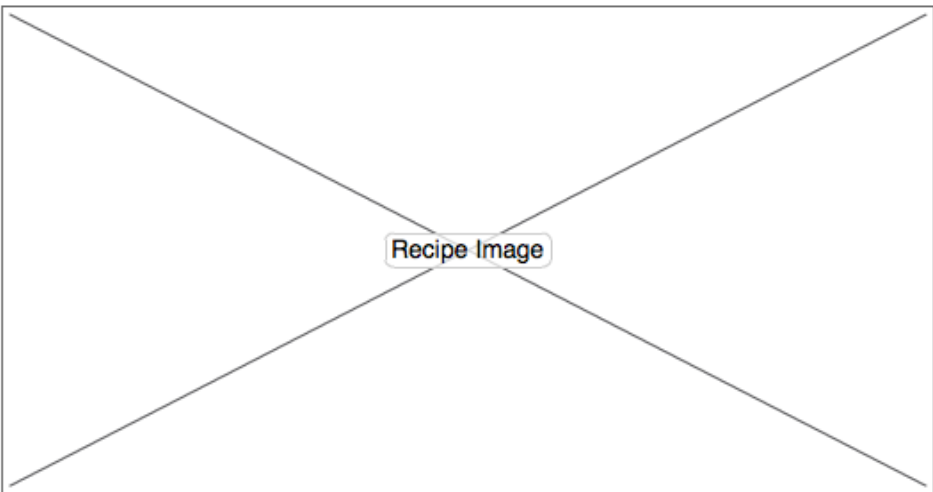




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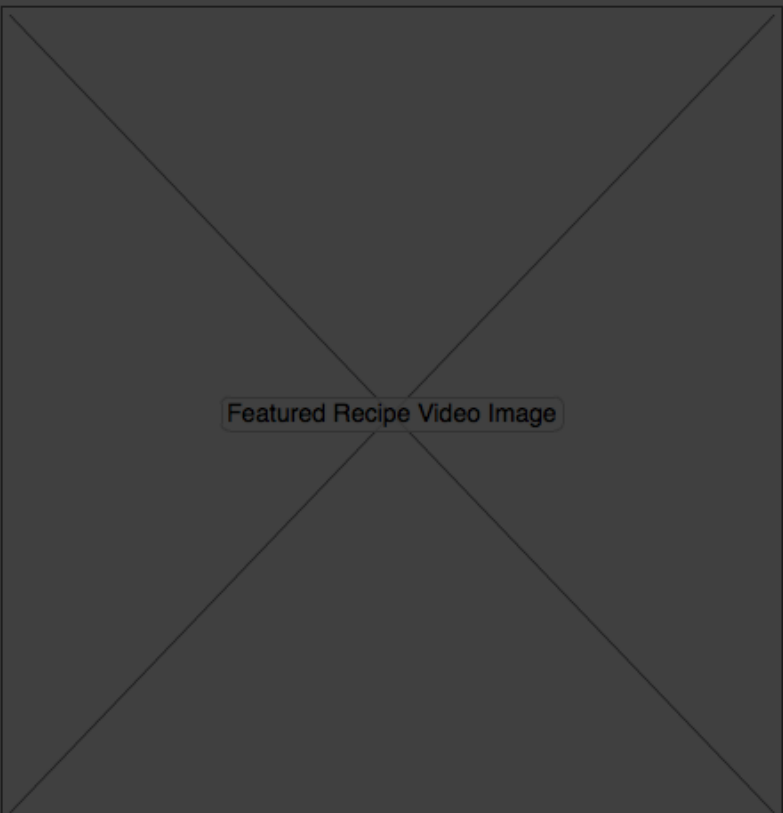
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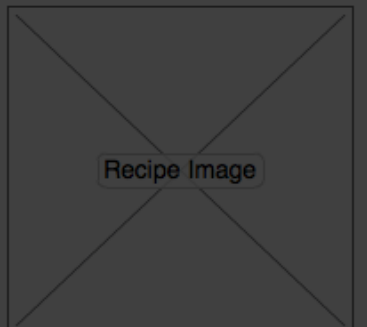
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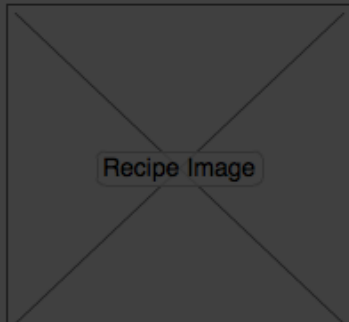
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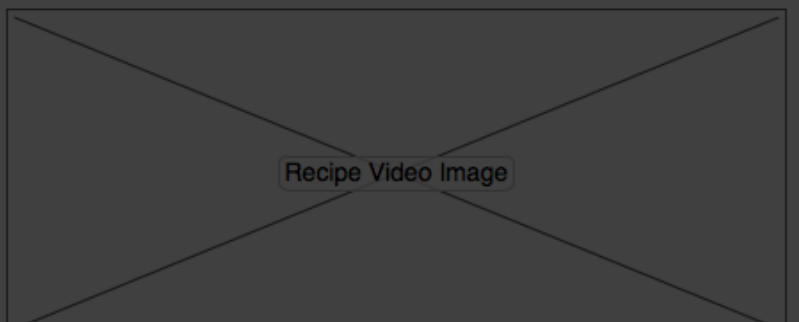
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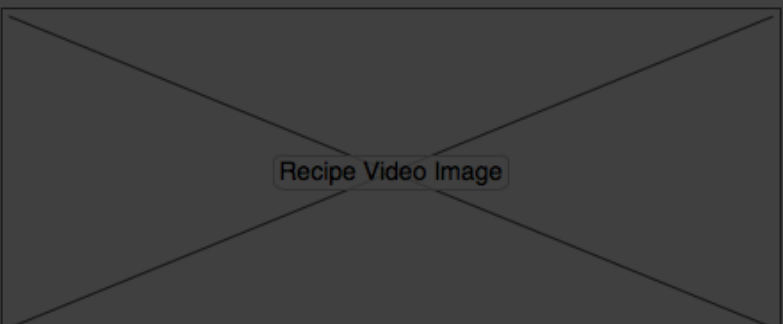
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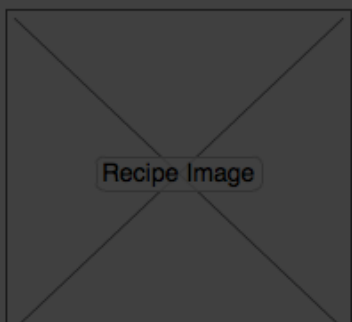
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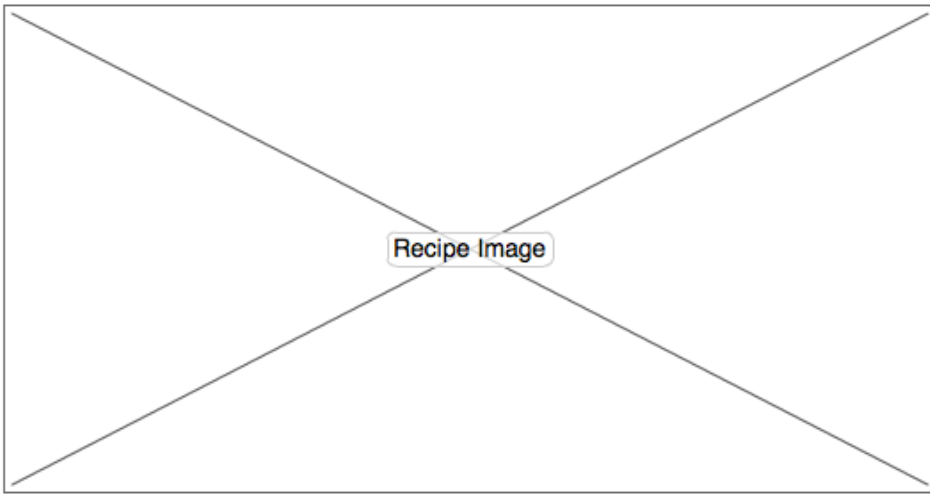
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Serves

Ingredients

1 1/2 tablespoons blackberry syrup

1 1/2 tablespoons sugar-free vanilla syrup

1 cup low-fat milk

Instructions

Heat syrup and milk in a saucepan over medium-low heat; do not boil. If using a microwave, heat milk and syrup in a large, shallow bowl for 2 to 3 minutes. Whisk rapidly until milk is airy and frothed. Serve in a mug.

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