



## QUICK GO - POWER BREAKFAST

(Courtesy of the National Honey Board)

### INGREDIENTS:

- 1 tbsp. Dutch Gold Clover honey
- 1/2 cup fresh orange juice
- 1 egg
- 1 ripe banana, mashed
- 1 tsp. fresh lemon juice

### DIRECTIONS:

Place all ingredients in blender or mixer. Blend or beat until smooth. Serve in chilled glass. Makes 1 large serving.

Recipes courtesy of DUTCH GOLD HONEY, INC.  
Purchase Dutch Gold Honey at [www.dutchgoldhoney.com](http://www.dutchgoldhoney.com)

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