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BANANA YOGURT SHAKE

(Courtesy of the National Honey Board)

INGREDIENTS:

1-1/2 cups 2% low-fat milk
2 ripe bananas, peeled
1 cup low-fat plain yogurt
1/4 cup Dutch Gold Orange Blossom honey
1 tsp. vanilla
1/2 tsp. ground cinnamon
Dash ground nutmeg
5 ice cubes

DIRECTIONS:

Combine all ingredients except ice cubes in blender until thick and creamy. Add ice cubes, one at a time, processing until smooth. Pour into tall glasses to serve.

Makes 4 cups.