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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.