

Sunrise Smoothie (National Honey Board; makes one 10 oz. serving)

Ingredients:

- Honey, 2 Tbs
- Bananas, frozen (or other fruit, such as seasonal berries), 4 oz.
- Orange juice, freshly squeezed, 4 oz.
- Low-fat vanilla yogurt, 2 oz.
- Pitted dates, 2

Directions:

- Place all ingredients in blender for approximately 1 minute;
- Adjust consistency with orange juice.