

Recetas Con Miel



Orange Breakfast Drink

Ingredients

- 2 cups orange juice
- 2 eggs
- 1/2 c. nonfat dry milk powder
- 1/4 c. wheat germ
- 2 tbsp. honey
- 1/2 c. ice cubes (4)

In blender combine all ingredients. Cover and process at high speed until smooth. Makes 2 servings.