

Recetas Con Miel



Fresh Fruit Drink

Ingredients

- 1 banana, peeled
- 1 c. fresh grapefruit juice
- 1 c. fresh orange juice
- 1 c. skim milk
- 1 tbsp. honey

Combine all ingredients in a blender. Blend for 1 minute, then chill. Makes 1 quart, enough for four 8 ounce servings.