



**Nova Scotia
Apples**
Pick An Original



Apple - Yogurt Breakfast Shake

- 1 apple
- 125 mL (1/2 cup) plain yogurt
- 15 mL (1 tbsp) liquid honey
- 1/2 banana
- 1 egg

Peel, core and quarter apple.

Put all ingredients in a blender and process until smooth.

Pour into a glass and serve!

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