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Quick and Easy Breakfast and Brunch Ideas for your busy life

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Banana Smoothie

Prep Time: 10 minutes

Ingredients:

2 scoops fine ice
2 small bananas
8 oz. heavy cream (or half and half)
1/4 cup orange juice
2 oz. simple syrup**(recipe follows)

Kitchen Equipment Needed

Kitchen Blender

Instructions:

Step 1: In a blender combine the banana, cream, orange juice and simple syrup.

Step 2: Blend on high speed until frothy.

Step 3: Pour into a tall glass and garnish with a leftover banana slice, strawberry or orange wedge. A mint leaf or two will add color as well.

Step 4: Refrigerate any leftovers.

To make the simple syrup, combine equal portions of white granulated sugar and water in a small saucepan. Cook on low heat, stirring constantly until dissolved. Cool to room temperature for use. Refrigerate any leftovers.

Servings: Makes approx. 4-10 ounce servings.

Serves 8.

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