

## Nut 'n Honey

- 1 cup cashews or walnuts
- 3 cups water
- 1 tablespoon honey
- 1 banana
- 1 teaspoon vanilla
- scoop of protein powder
- ice cubes

Blend nuts and water first until smooth.

Then add the rest of the ingredients and blend.

Makes 3 servings.

**Note:** The nuts in this drink supply essential fatty acids necessary for good health as well as vitamin E. Studies show people that include nuts in their diet suffer less heart disease.

Blended at breakfast, this drink should keep you feeling full all morning.