

Orange Breakfast Nog

2-½ cups orange juice 4 tsp honey
4 tsp lemon juice 1 egg

Combine all ingredients in a blender. Whip for several seconds until combined and frothy. Pour into three cups.

For the 2-½ cups orange juice, I usually combine five ounces of frozen concentrate with 16 ounces of water. This makes almost exactly three eight-ounce servings.

The ingredients will separate if stored overnight; simply return them to the blender (or use cups that can be fitted onto your blender) and re-whip them.

Adapted from *Tempt Them with Tastier Foods* (2023).