

HEALTHY BANANA MILKSHAKE WITH QUAIL EGGS

Ingredients:

- 1 banana – cut into chunks
- 5 quail eggs
- 200ml whole milk (about one cup)
- 1-2 drops of vanilla extract (optional)
- 1 tablespoon of sugar (only if you must)



Method:

Place all ingredients in a blender and blend until smooth. If you haven't got a traditional blender you can use a hand blender, just as good.

Drink immediately.

For best benefits have this delicious drink first thing in the morning as a pre-breakfast meal. Believe me, once you try smooth, delicious drink you'll love it and probably get addicted to it too. According to feedbacks this is the most delicious way of taking your quail eggs as part of a health course.

*Source: Mindoro State College of Agriculture and Technology (**MinSCAT**)
Alcate, Victoria, Oriental Mindoro
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