



**NEW EPISODES  
MONDAYS  
AT NOON EST**

## **"Getting Out of Hot Water" Bananas Alexander**

**2 cups fresh whole milk  
1 level tbsp of honey  
1 medium to large banana**

**Dissolve honey and milk in a bowl. Cut banana into milk mixture.  
Place in glass and serve.**

*For bananas, the riper the banana, the sweeter it tastes, but don't consume if it's rotten.*