

Empower the Healer Within!

"Healthy Meals for Busy Lives Recipe Book"



Sherbet

Serves 3 (1 cup servings)

Ingredients:

3 cups frozen berries (*use any combination of strawberries, raspberries, blackberries and blueberries*)

1-1 ½ cups almond or soy milk (*found at health food stores*)

½ cup real maple syrup or agave nectar (*from cactus, found at health food stores*)

Preparation:

1. Place all ingredients in a food processor.
2. Blend until smooth. (*If strawberries will not break down, cut them into smaller pieces or let them thaw slightly before adding to the food processor.*)
3. Add more or less sweetener to taste.
4. Add more or less almond/soy milk to desired thickness.
5. Serve immediately.

Note: A combination of frozen peaches, mango and pineapple are other fruits that make a great sherbet. For a tropical taste, use pineapple juice instead of almond/soy milk, reduce sweetener and add unsweetened coconut flakes.

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These recipes are:

- Filled with natural foods (*fruits, vegetables, beans, nuts, seeds, whole grains*)
- Low in fats
- High in omega-3's (*olive oil is used in all recipes that call for oil*)
- Nondairy (*no cow or other animal milk, yogurt, cheese, etc*)
- Vegetarian (*no fish, red meat, fowl, or eggs*)
- Based on proper food combining principles
- Both raw and cooked
- 80% wheat and grain free
- Designed specifically to bring you to optimal health and vitality

Makes a great gift for:

- Birthdays
- Weddings
- Christmas
- Anniversaries
- Valentines Day
- Etc.

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