

Empower the Healer Within!

"Healthy Meals for Busy Lives Recipe Book"



California Blend

Serves 4-6

Ingredients:

- 4 apples
- 4 ripe bananas
- 2 large ripe avocados

Preparation:

1. Peel, core and quarter the apples. Peel the bananas.
2. Slice the avocados in half; remove the pits and scoop out the flesh.
3. Blend the avocado, apples and bananas in a food processor or a Champion Juicer.
4. If using the juicer, replace the mesh screen with the solid plastic blank attachment. The juicer will create a smooth creamy texture. Blend the ingredients together.
5. Serve immediately.

Garnish: Pinch of cinnamon and walnut pieces, if desired.

Storage Tip:

If you do not serve this dish immediately, put the mixture in a tightly sealed container and refrigerate to avoid oxidation and change in color.

Sky Hill Institute is a 501(c)(3) nonprofit organization.

127 4th Street, Petaluma CA 94952

707.778.9445 | 877.6SkyHill

info@skyhillinstitute.org | www.skyhillinstitute.org

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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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