



# Sky Hill Institute

*Empower the Healer Within!*

## Simple Raw Food Ideas

*Vary your food choices everyday to receive the many different nutrients each food provides*

- Fruits
  - Apples – choose from the many varieties on the market today!
  - Citrus – orange, grapefruit, tangerine, tangelo, lemon, lime, etc.
  - Berries – blackberry, strawberry, raspberry, blueberry, etc.
  - Cherries – red, yellow, black
  - Tropical fruit – pineapple, mango, papaya, kiwi, etc
  - Grapes – green, red, black
  - Etcetera – the list is endless and delicious
  
- Vegetables
  - Carrot, celery, and sweet potato sticks
  - Salads with fresh greens and other raw vegetables
  - Tomato and cucumber salad
  - Broccoli and cauliflower florets
  
- Juices
  - **Vegetable** – 8 ounces of carrot juice in combination with 4 ounces of either fresh spinach, celery, apple or parsley juice.
  - **Fruit** - Freshly made apple, grape, orange or grapefruit juice. Apple and grape juices should be diluted 30-50% with pure spring water before drinking.
  - NOTE: Juices should be made and consumed immediately. If this is not possible, make them in the morning, refrigerate, and then use that same day.
  
- Sprouts
  - Make your own or purchase in the produce section of your local health food store
  - Use them in salads or on sandwiches
  - Legumes to sprout include:
    - Mung beans
    - Lentils
    - Chick peas
    - Adzuki bean
  - Seeds to sprout include:
    - Sunflower
    - Alfalfa
    - Broccoli
  
- Nuts/Seeds
  - Almonds, walnuts, pine nuts, pecans
  - Sunflower seeds, pumpkin seeds, sesame seeds

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

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