

Herbal Legacy Recipes

Fruit Shaker

Ingredients:

- *3-4 lg. bananas
- *1/4 piece of cantalope
- *1/4 piece of rock melon
- *5 oranges, juiced
- *2 lemons, juiced
- *3 mandarines or tangerines, juiced
- *1 or 2 grapefruits, juiced
- *2 apples
- *2 pears
- *1 or 2 kiwis
- *2. Tbs. flaxseed oil
- *2. Tbs. Pure oleo europaea olive oil
- *Whatever other seasonal fruits that can be had

Directions:

In a blender, add the the bananas, the melons and citrus juice, blend on high speed for a few moments. Add the apples and pears blend on high for a few more seconds, then put the kiwis in and the oils and mix till blended, gently with the oils so as not to damage the properties.

Note:

Serve with a side plate of L.S.A. (linseed sunflowers and Almonds). I've found this to be a wonderful drink and it tastes wildly wonderful!!

Have fun and enjoy.

Gypsy

This recipe was given to us by Gypsy from LA, Ca.

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