

## THAI PAPAYA SALAD

Serves 2

### INGREDIENTS

- 2 cups of shredded green papaya
- 2 tablespoons of toasted peanuts
- 2 cloves of garlic
- 1-2 birds eye chillies
- 1-2 stalks of long beans, cut into different lengths
- Brown sugar, to taste
- Juice of ½ lime
- 1 tablespoon soy sauce

### INSTRUCTIONS

- Crush the toasted peanuts and set aside.
- Pound the chillies together with the garlic cloves.
- Combine all ingredients and your papaya salad is ready to be served.
- For variety, the papaya may be substituted with cucumber or turnips or whatever you like. Be creative!  
Make Your own rules!

## JET LAG JUICE

Serves 2

### INGREDIENTS

- 1 banana
- 2 big handfuls spinach
- 1 cup almond milk
- 1 cup orange juice
- ½ inch fresh peeled ginger
- Juice from ½ a lime

### INSTRUCTIONS

- Blend it
- Enjoy!



## OH BERRY

**Serves 2**

### INGREDIENTS

- 1 Cup of strawberries
- 1 Cup of blueberries
- 1 Cup of orange Juice
- ½ Lime, Juiced
- ¼ Cup Coconut Milk
- Dash of cinnamon

### INSTRUCTIONS

- Blend it.
- Sprinkle Cinnamon on top for an extra fancy look.
- Enjoy!

## SUMMER DREAM

**Serves 2**

### INGREDIENTS

- 1 Banana
- ½ Cup chopped Pineapple
- 1 Big handful of Spinach
- 1 Cup of Almond Milk

### INSTRUCTIONS

- Blend it
- Enjoy!



## GRANDMA'S FRUIT SALAD

**Serves 2**

### INGREDIENTS

- 2 cups of strawberries, sliced
- 2 cups of blueberries
- 1 cup of raspberries
- 1 cup of blackberries
- 2 cups of seedless grapes
- 2 oranges, juiced
- 2 peaches, sliced
- 1 pear, sliced
- 4 limes, juiced
- 2 lemons, juiced
- 1 cup of Seltzer water
- 1 Tablespoon of cinnamon

### INSTRUCTIONS

- Combine everything in a big bowl and mix well.
- Refrigerate until you are ready to serve.
- Enjoy!

## COCONUT PARFAIT

**Serves 2**

### INGREDIENTS

- 1 cup of coconut milk
- 4 tablespoons of chia seeds
- 1 teaspoon of vanilla extract
- 5 tablespoons of home made granola or chopped nuts and dried fruit
- 1 cup of fresh strawberries and blueberries

### INSTRUCTIONS

- Combine the coconut milk, chia seeds and vanilla.
- Stir and cover. Refrigerate overnight.
- Remove your mixture in the morning and combine with granola and fresh berries.
- Enjoy!





## COLD BUSTER

**Serves 1**

### INGREDIENTS

- 1 orange, peeled
- 1 lemon, peeled
- 2 teaspoons of turmeric powder or 1 inch of fresh cut tumeric
- 2 inches fresh cut ginger
- 1 teaspoon of cayenne pepper
- 1 teaspoon of hot sauce
- 1 clove of garlic, mashed
- 1 cup of water

### INSTRUCTIONS

- Blend it
- Enjoy!

## ISLAND TIME SHAKE-ME-UP

**Serves 2**

### INGREDIENTS

- 1 Ripe Avocado
- ½ cup coconut milk
- 1 Tablespoon raw cacao
- 1 Tablespoon maple syrup

### INSTRUCTIONS

- Blend it
- Enjoy!

