

Salsa Recipe

- 1/2 small onion
- 1/2 wax pepper or pepper or your choice
- 1 clove garlic
- 3 tomatoes
- 1/2" diameter cilantro
- 1/4 lemon, squeezed
- 1 tsp. salt



Mix all ingredients in food processor and pulsate until blended. Serve with tortilla chips. Enjoy!

Smoothies - Done in a Whirl

Use 1 liquid and 1 thickener and as many fruits as you like.

Liquids (1cup)

- Milk
- Orange juice
- Pineapple Juice
- Cranberry Juice
- Lemonade
- Lemon Juice
- Apple Juice

Thickeners (6-8 ounces)

- Flavored yogurt (fr)
- Banana(fr)
- Ice Milk
- Sherbet
- Ice Cream
- Ice Cubes (4/5)
- Frozen Yogurt

Fruit (1 Cup)

- Peaches (c/f/fr)
- Pineapple (c/f/fr)
- Cantaloupe (f)
- Honeydew (f)
- Strawberry (f/fr)
- Kiwi (f)
- Apricots (c/f)
- Mangos (f/fr)

You can add sweetness and or nutrition by choosing from below:

Flavoring

- 1/2 tsp. Vanilla
- 2 T. Chocolate Syrup
- 1 T. Honey
- 1 t. Maple Syrup

Nutrition Boost

- 1 T. Wheat Germ
- 1/2 c. Granola
- 1/4 c. Dry Cereal
- 2 T. Non-Fat Dry Milk

KEY

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|---------------|----------------|
| c=canned | tsp.= teaspoon |
| f=fresh | fr.=frozen |
| T= Tablespoon | c.=cup |

