

# Shelley's Fruit Feast Recipe Book



### **The Avocado Salad**

- 1 Avocado diced
- 1 Roma Tomato diced
- 1 Banana Pepper diced
- 1 Baby cucumber diced
- The juice of 1 lime
- Toss all ingredients and serve.



### **Guacamole with Veggie “chips”**

- 1 avocado, lightly mashed with a fork or in a molcajete
- the juice of 1/2 lime
- 1 jalapeno pepper, diced
- a handful of cherry tomatoes
- 1/4 diced red pepper.

Serve with sliced cucumber or zucchini “chips”

### **Fresh Fruit Gazpacho**

- 6 Organic Roma Tomatoes
- 1 Red Bell Pepper
- 1 Yellow Bell Pepper
- 2 Cucumbers
- 2 Jalapenos
- 1 Zucchini Squash
- Juice of 1 lemon
- Throw it all in the VitaMix and let her rip!
- Chill and top with avocado.



### **Fruity Pasta**

1 Zucchini, shredded and topped with juice of 1 lemon

Chill zucchini "pasta" for 2-3 hours

Blend the following:

Organic Roma Tomatoes

1/4 Green pepper

1/4 Red Pepper

1/4 Yellow Pepper

Top with sliced baby zucchini



### **Very Berry Smoothie**

16 oz. Acai-Pomegranate Vita Coco

1 Frozen Banana

1 fresh Banana

handful of blueberries

Please Note:

Smoothies can be tailored to suit you. Try adding avocado, peaches, pineapple, mango--- ANYTHING.

Blend to your heart's content!