

Apple Banana Royal

Prep Time: 10 minutes

Apple Banana Royal Recipe:

2 large Delicious or other sweet apples
Dash of cinnamon and nutmeg (optional)
2 or 3 pitted organic dates
1 ripe banana, fresh or frozen

Instructions:

Run one sliced apple through a juicer (peel this apple if it is not organic). Peel, seed and core the second apple and cut it into small pieces. Combine the juice from the first apple with the sliced second apple, dates (be sure to remove pits and end caps), banana, cinnamon and nutmeg and puree in a blender, Vita-Mix, Green Power or Champion juicer. If you are using a Green Star or Champion juicer, use the "blank plate" to puree.

Variations:

All sorts of options for additional ingredients.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org