Mango Peach Souffle

1 large mango
2 large peaches
1 cup of macadamia nuts (almonds also work but don't give the same consistency)
vanilla and cinnamon to taste
fresh mint to garnish

Put all ingredients into the food processor and blend until creamy. Refrigerate and serve in a tall wine glass with a spring of fresh mint. A raspberry or two on top looks beautiful as well.

Complements of Spirit Touch Living Light Center http://www.spiritouch.com