

Papaya Fruit Salad

from Eating for Beauty by David Wolfe

Papaya 1
Avocado 1/2
Fresh figs 6
Nectarines 2
Cinnamon 1/2 tablespoon
Lemon Juice 1 lemon
Raw Honey 1 tablespoon



Chop all ingredients, mix, and serve.

Eating this fruit salad is a great way to begin the morning if you do well with carbohydrates and fats. The cinnamon contains the mineral chromium, a great blood-sugar balancer. This fruit salad is loaded with enzymes to help stimulate bowel elimination in the morning.

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>