

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Green Sundaes

From www.mamainthekitchen.com

2 bananas
2 avocados
1 big naval orange - peeled
Ground flax seeds

For cacao syrup, mix together:

2 Tbsp cacao powder (or carob)
4 Tbsp raw local honey

1. Puree the bananas, avocados and orange together in a blender.
2. Place in sundae glasses or bowls.
3. Sprinkle with the ground flax seeds.
4. Top with the cacao syrup.