



Add these 'Ascension Times' recipes to your file and always try to use organic ingredients.

ADVENTUROUS AND DELICIOUS LETTUCE WRAPS!

INGREDIENTS:

- 2 ripe avocados
- 3 tomatoes, diced
- 1/2 jalapeno pepper, diced
- 2 tbsp onion, diced (optional)
- 3 cloves fresh garlic, minced (optional)
- 1/4 cup fresh coriander chopped
- Kernels from one ear raw organic corn
- 2 tsp fresh lime or lemon juice
- 6-8 large lettuce leaves

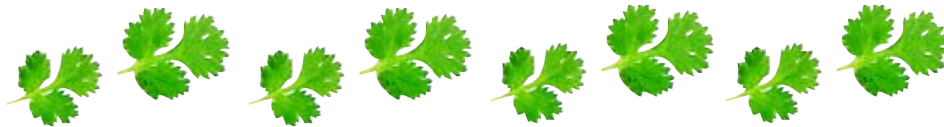
PREPARATION:

In a medium-sized bowl, mash the avocado. Add the remaining ingredients and stir until well mixed.



Spread two to three tablespoons of this mixture onto lettuce leaves and wrap. Enjoy!

As you can see, these are simple and great for children to experiment with. We have these quite often and they are never quite the same. Have fun! Try new things! You'll be amazed at just how talented you can be when you learn to play in the kitchen.



TRY A ZUCCHINI SALAD TO PERK UP LUNCH TIME

INGREDIENTS:

- 3 shredded zucchini
- 2 apples cut in small pieces
- 1 avocado cut in small slices
- Cumin to taste
- Braggs or organic soya sauce to taste

METHOD:

1. Mix all ingredients together and serve.



EAT RAW MUESLI FOR A HEALTHY START TO YOUR DAY

INGREDIENTS:

- 7 medium apples
- 1 cup of rolled oats (soaked)
- 1/4 cup of raisins
- 1/4 cup almonds soaked
- 1/2 teaspoon cinnamon

METHOD:

Cut the apples into wedges and remove the core.

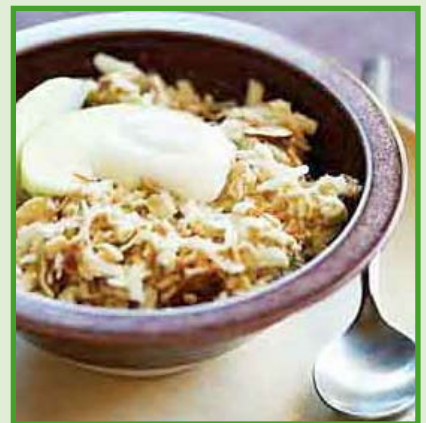
Juice the apple wedges and reserve two quarter cups of the juice and half a cup of the pulp.

In a medium-sized bowl, combine the apple juice and pulp with the oats, raisins, almonds and cinnamon.

Mix well. Cover the bowl and place in the refrigerator. Allow the muesli to soak overnight. To serve, pour some of the muesli into a bowl and add fresh berries or banana slices.

Yield: Three half cups.

Preparation time: 10 minutes.



Bless and thank all the beloved elementals that have brought your food into form and your mighty 'I AM Presence' for everything in your life – remember that we cannot lift a finger without the life given to us from our individualised presence of God – our 'I AM Presence'!