

Herbal Legacy Recipes

Apple-Strawberry Sandwiches

Created by Dean Robinson

INGREDIENTS:

- Apples
- Strawberries
- Soy or nut butter

DIRECTIONS:

1. Take a whole organic apple and wash it.
2. Set the apple upright on a cutting board and slice in very thin slices.
3. Next take some soy butter (or nut butter) and spread on two of the apple slices.
4. Get some strawberries and slice them in thin slices. Place on top of the soy butter. Put the two apple slices together like a sandwich and eat.



Very yummy breakfast or snack!

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