

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Apples with Sweet Crust



Sliced apples

Peanut butter

Crust:

1/2 cup rapadura or other natural sugar

1/4 cup flax seed

1/4 cup dried, shredded, unsweetened coconut

Blend sugar, flax seed and coconut in blender. Spread peanut butter on apples and dip into crust.

Recipe from Happy.Healthy.Clean.Living by Cynthia Sumner. For more information on Whole Body Health & Weight Loss, LLC please visit www.greenhealingleaf.com