

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Fruited Pasta



1 8oz bow tie pasta or Homemade pasta*

8 cups assorted fresh fruit, cut into bite sized chunks

1 recipe Orange Dressing (below)

Cook pasta according to package directions. Rinse and combine with cut up fruit in large bowl. Pour dressing over fruit and pasta, toss well. Chill and serve. If using bananas, add just before serving.

Orange Dressing

3 oranges, juiced

1-3 Tbls. Ultra Gel

Wire whip Ultra Gel into juice 1 Tbls.at a time, until desired thickness.

*Pasta can be replaced with a whole grain such as barley or brown rice.

Recipe taken from Original Fast Foods by James and Colleen Simmons