

- Berry Fruit Cocktail (recipe in our CD Cookbook)
- PB & J Roll-up (spelt tortilla)
- Veggie Stix - *Good Health Natural Foods*
- Spring Water

TIPS: Fruit in photo: red grapes, blueberries, pineapple, mandarin oranges with lemon juice and honey drizzled on top. Use no sugar-added peanut butter, almond, or sunflower butter. Watch sugar content in the jam or jelly. We like Sorrel Ridge. Polaner or Tree of Life. Spelt tortillas will give the most nutrients for you money - good protein!