

VERY BERRY FRUIT DIP

1 ripe banana

½ ripe avocado (yup, avocado)

1 ½ cups mixed berries, fresh or frozen

1-2 Tb. lemon or orange juice

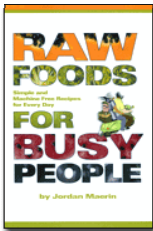
1-2 tsp. lemon or orange zest

1 Tb. honey or maple syrup, or ½ Tb. date sugar

Chopped fresh mint, or a pinch of dried mint

Pinch of sea salt

Blend all ingredients until smooth and creamy.



From the book,
Raw Foods for Busy People,
by Jordan Maerin