



Ripe mango is so delectable! Slice along the pit, score, then reflex the skin to eat out of hand, or cut for fruit salads or smoothies.

*The next two smoothies are minimally sweet but pleasantly flavorful and high in antioxidants. Papaya seeds are peppery and anti-parasitic. Eaten in such small proportion with the flesh, their flavor adds only a subtle nuance.*

### **Papaya Smoothie**

Yields about 2 ½ cups

Combine in the blender and process for 2 minutes

½ cup almond milk

1 cup ripe papaya chunks

1 to 2 tablespoons papaya seeds

½ cup water

1 tablespoon flaxseed, ground

This recipe is very filling and might be sufficient to serve 2.

*Wolfberries (goji berries) are high in protein and antioxidants and only mildly sweet. Regular consumption can improve eyesight. I recommend plumping them before using in fruit salads, smoothies and s/cereals to soften their tiny seeds and make them easier to chew. (See **Chapter 3** for more information.)*

### ***Wolfberry Smoothie***

Serves 1

1 c. nut or seed milk

½ c. plumped wolfberries, including some of the syrup (soak water)

½ banana, or sweetener of choice (optional)

Combine in the blender and process to the texture that you like. Add a fortifier, if desired. I like to add an egg yolk.



*Wolfberry Smoothie--unsweetened, with egg yolk.*