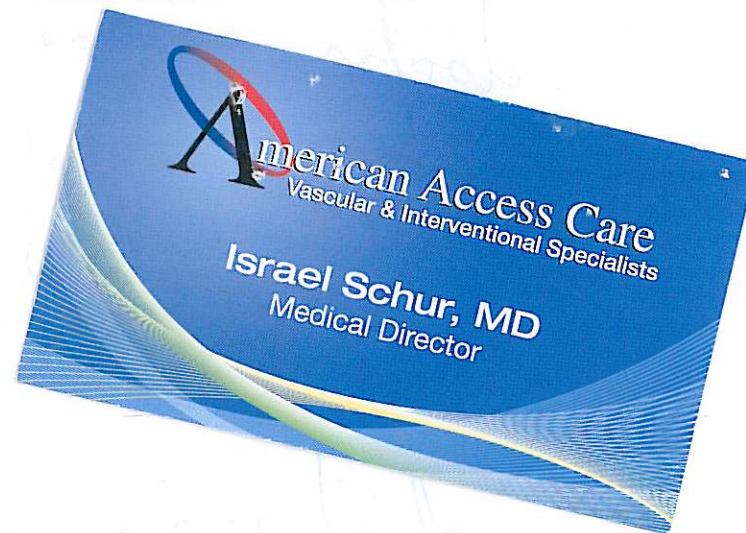


# cooking with the doctors . com

Home Recipes For Doctors Only

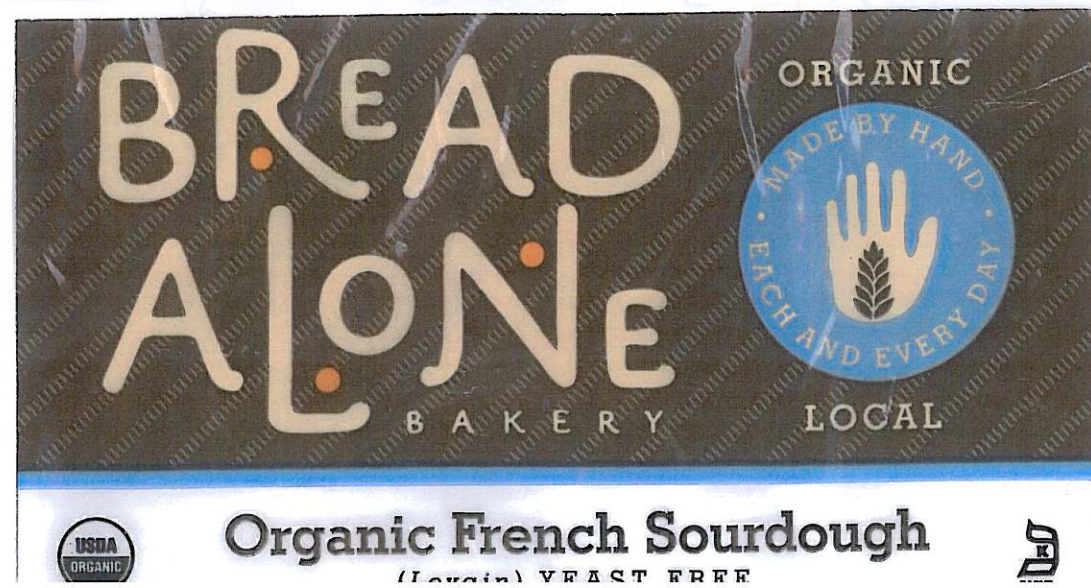
doctor schur's  
sensational  
shallot, pepper  
cucumber and  
tomato sandwich  
on sourdough



serves 4

ingredients:

- 1 shallot, diced
- 1 red pepper, cut into strips
- 1 cucumber, sliced
- 1 tomato, sliced
- 1 tablespoon of mayonnaise
- 8 slices of toasted sourdough



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doctor hijazin's  
super soft drink  
always hits the spot



serves 4

ingredients:

- 16 ounces pomegranate juice
- 1 granny smith apple, grated
- 4 tablespoons of honey
- 1 pink grapefruit, squeezed
- 1 orange squeezed
- 1 lime, squeezed

