

## Passion For Healing Naturopathic Or. Mindy Curry, ND.

House calls+ in the Greater Portland Area passion for healing naturopathic.com 503-995-8674

## FRUIT:

Full of Sweetness, Phytonutrients, and Satiating Fiber!



Fruit Salad, Fruit Smoothie, Fruit and Nut Green Salad, Baked Fruit w/Vanilla Yogurt, Unsweetened Dried Fruit, Fruit Soup, Fruit Greek Yogurt Parfait, Frozen Fruit Kabobs, Frozen Peanut Butter Banana, Mango Salsa, Stevia Sweetened Blueberry Almond Pie, Apple Sauce, Stevia Apple Crisp, Kiwi Pops, Kiwi Jalapeño Salsa, Banana Peanut Butter Sandwich, Frozen Stuffed Banana Sandwiches, Avocado & Mango Salad, Fruit & Nut Bar, Wheat Berry Fruit Salad.