

Raw Peach and Banana Pudding

Ingredients

1 cup peach slices
1 banana broken into pieces
1½ tablespoons raw tahini (optional for added creaminess)
blueberries or strawberries to top
Fresh sprig of mint for color and beauty

Instructions

Blend mango in blender until creamy. Add in banana and tahini and blend until smooth. Pour into bowls and top with fresh blueberries or strawberries. Add a sprig of fresh mint



Recipe provided by Theresa Piane Taylor, CHC, AADP,
founder of ***Light Up Your Health, LLC***.
Visit us at www.lightupyourhealth.com
or email us at lightupyourhealth@comcast.net
to schedule a free telephone consultation.