



Kevin's Banana Pear Ambrosia

1 ripe banana	1 ripe avocado
1 ripe pear, cored and peeled	½ c pineapple or lemon juice
½ mango, peeled and sliced	½ c crushed ice

Put all ingredients in a blender and blend until smooth. Serve in chilled glasses.

Baked Walnut-Cinnamon Apples

4 apples	¼ tsp cinnamon
1 c raisins	½ tsp natural vanilla extract
¼ c walnuts	½ c water

Heat oven to 375 degrees. Core and pierce apples with a fork in several places around the center, to prevent them from bursting. Mix raisins, nuts, cinnamon and vanilla in a small bowl. Fill center of each apple with this mixture. Place in a glass baking dish and pour water into pan. Cover with foil and bake for about 30 minutes or until tender. Serves 4.

Peach Almond Delight

3 fresh peaches	1 tsp natural vanilla extract
4 oz slivered almonds	2 tsp cinnamon
2 T diced Medjool dates	

Wash the peaches and cut each one into 8 sections. Mix with the almonds and dates, and drizzle with vanilla. Sprinkle cinnamon on top. Serves 2.

Cantaloupe Stuffed with Blackberries and Pecans

1 cantaloupe	mint or spearmint leaves for garnish
1 c blackberries	½ c chopped pecans

Cut cantaloupe in half (serrated) and scoop out seeds. Fill each cavity with blackberries and pecans. Garnish with mint or spearmint leaves. Serves 2.



Raspberry-Casaba Treat

½ c fresh raspberries  
½ c fresh casaba melon chunks, bite size

¼ c chopped hazelnuts  
¼ tsp cinnamon

Combine raspberries, casaba melon, and hazelnuts in a medium-sized serving dish. Sprinkle cinnamon lightly on top. Serves 1.

Strawberry-Blueberry Horizon

1 c fresh strawberries  
1 c fresh blueberries  
½ tangerine, sectioned  
1 T freshly squeezed orange juice

1 tsp natural vanilla extract  
ground nutmeg  
fresh mint

Mix the strawberries, blueberries and tangerine sections in a bowl. Drip with orange juice and vanilla and sprinkle with nutmeg. Serve chilled and garnished with mint. Serves 3.