



Yogic Diet

Fruit, Nut & Vegetable diet

Breakfast bowl

- 2 apples cored and grated
- Ginger root grated finely (about the length of your finger)
- 2 handfuls of fresh coconut (use dried if cannot get fresh)
- 1 cup of mixed nuts and dried fruit –any
- Ground cinnamon
- Agave nectar and tahini mixed together – about a spoonful of each

Grate apple and ginger into a bowl, add the coconut, fruit and nuts, then stir in the honey and tahini mix.

You can eat as it is, or pour almond milk onto it.