



Yogic Diet

Raw Diet (Great for Fruit, Nut and Veg diet too)

Scrambled squash

- 2 butternut squash peeled and chopped
- 1 stick of celery chopped
- Fresh coriander
- 1 lemon –squeeze for juice and add zest of lemon as well
- 2 teaspoons paprika
- 1 tsp black pepper
- 1 avocado

Food process the squash.

Add everything else and blend together.