

Breakfast

Dr. Fuhrman's Fruit, Nut, & Veggie Breakfast

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Serves: 3

Preparation Time: 20 minutes

Ingredients:

- 1/4 cup diced fennel bulb
- 1 medium cucumber, peeled, thinly sliced in rounds & halved
- 1 cup blueberries
- 1 cup organic strawberries, sliced
- 1 green apple, peeled and sliced
- 1/4 cup chopped walnuts

For the Sauce:

- 1/2 cup raw cashews or 1/4 cup raw cashew butter
- 1/2 cup unsweetened soy, hemp or almond milk
- 3 dates, pitted

Instructions:

Combine vegetables, fruits, and nuts.

Blend sauce ingredients in a high-powered blender until smooth.

Pour sauce over vegetable/fruit mixture and toss.

Per Serving:

CALORIES 297; PROTEIN 8g; CARBOHYDRATES 34g; TOTAL FAT 16.9g; SATURATED FAT 2.4g; SODIUM 24mg; FIBER 5.8g; BETA-CAROTENE 51ug; VITAMIN C 43mg; CALCIUM 99mg; IRON 2.6mg; FOLATE 44ug; MAGNESIUM 109mg; ZINC 2mg; SELENIUM 5.3ug

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