



Yogic Diet

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

Breakfast 'mush'

- 2 cups butternut squash, peeled and diced
- 1 cup walnuts
- 1 cup cashews
- 1 cup coconut water or water
- 2 tsp cinnamon
- 1 or 2 Oranges – the juice and zest

Blend everything together until smooth and creamy,