



# Fruit Salad

1-1/2 cup chopped fruit.

# Nut Cream

2/3 cup water or non-dairy milk

1 T seeds (choose one: sunflower, pumpkin, flax, chia, sesame, or hemp)

2 T nuts (choose one: pecans, walnuts, almonds, Brazil nuts, hazel nuts, or macadamia nuts; avoid cashews or peanuts. )

Blend till creamy smooth and pour over fruit salad.