



**1. Toast ¼ C sliced almonds and save to garnish salad**

**2. Make dressing up to 2 days ahead, if possible. Blend:**

¼ C fresh lime juice (about 2 limes)

2 T honey

2 t extra virgin olive oil or roasted almond oil

¼ t salt

1/8 t cayenne

**3. Gently mix with dressing:**

10 oz small, whole tender lettuce/salad mix of chartreuse & bronze baby greens (about 2 qts lightly packed)

1 large unpeeled Asian pear, cut in thin wedges

2 firm-ripe unpeeled Fuyu persimmons, cut in thin wedges

**Asian Pear, Persimmon,  
and Almond Salad**

**4. Divide onto individual salad plates and garnish with sliced almonds.**

8 Yukon Gold or Red Skins

6 Cloves Garlic

1/8 Cup Fresh Raw Apple Juice /Cider

1/8 Cup Olive Oil (\*Less if using Vegenaize)

2 Fuji Apples/ 1 medium

1 Can Coconut Cream/Milk (or Vegenaize\*)

Salt

Chives (optional)

**Yummy Vegan  
Mashed Potatoes**

**1. Peel & boil Potatoes, Apples & Garlic.**

**2. Mash Potatoes, Apples & Garlic.**

**3. Stir in the remaining ingredients to taste.**

**Body**

**Trust in God (the 2<sup>nd</sup> T in NEWSTART):**

Resting your faith in God not only gives you spiritual and mental peace, but science is now studying its effects on physical healing and disease, in the lowering of cortisol levels and the increase of white blood cells. Trust that the Lord is giving us resources we need, not only for our own use, but also to share with and bless others. "And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus." Philippians 4:7

**Mind**

**Spirit**

*Until we meet again, may God hold you in the palm of His hand!*