

Some sweets ~ Pink Grapefruit, Apple and Mandarin Slices in a bowl
Pumpernickel toast with avocado spread
A smoothie of spinach, banana and a juice of your choosing
Love Comments

Note: Ebony is a Yoga Instructor at Yoga in State College. She teaches Monday evenings and Tuesday and Thursday afternoons. She has an intuitive ability to blend foods for a healthy diet. Enjoy!