

# EMAIL MARKETING



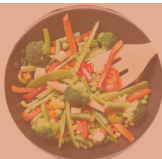
## Grow Your Business Connections



integrative  
health matters

### 6 Healthy Ways to Prepare Your Fruits & Veggies

by Dr. Terry Wahls



#### Stir Fry...

1. Pineapple and mango in a honey ginger sauce and crumble with gluten-free oat topping for a fruit crisp dessert.
2. Zucchini, yellow squash, diced tomatoes and mushrooms with butter and



#### Saute...

1. Apricots in a skillet with a little ghee or coconut oil until tender. Add orange slices, remove from heat and serve for a fruity dessert.
2. Cauliflower with nutmeg



#### Roast...

1. Red peppers in the oven at 450, turning every 15 minutes until done. Peel off the skin and slice them, then drizzle in butter and garlic and refrigerate. A Perfect addition to any

m. roberts

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