



60 Days to Reclaim YOUR Health

You can use the Champion Juicer to create baby foods, no sugar added ice cream and nut butters. Use the blank screen rather than the perforated screen used for juicing.

BABY FOODS:

Use steamed vegetables like squash, green beans, carrots, and green peas.

ICE CREAM:

Any frozen fruit works well.

NUT BUTTERS:

Use any nut – raw or toasted. If it comes out of the Juicer too dry for your liking, mix in a little honey, coconut oil or Udo's oil. A sprinkle of unrefined salt brings out the flavor.

If you do not have a Champion Juicer here's a recipe for Blender Ice Cream:

BLENDER ICE CREAM

Ingredients

2 frozen bananas broken into large chunks
1 cup water at room temperature

Directions

Put bananas and water into blender and blend until creamy.