

Macrobiotic Recipe of the Month – June 2008

From Meg Wolff

AMASAKE FRUIT SMOOTHIES

1 quart amasake

Strawberries, blueberries or fresh fruit of your choice

Place amasake in a blender with fresh fruit to taste. Blend as is or you can add a few ice cubes and then blend. Garnish with a mint sprig and serve cool with a straw. Enjoy the refreshing all natural, dairyless milkshake.

Enjoy! ~Meg



For more recipes and information on macrobiotics please visit Meg's blog: www.becoming-whole.com, and her website at: www.megwolff.com