

Selah V. Fitness - Recipes

AVOCADO LEMON PEAR MOUSSE

INGREDIENTS

1 Avocado
1 Pear
1-2 Tbs of Lemon Juice
10-20 Drops of NuNaturals Lemon Stevia Drops (you can use plain Stevia)

INSTRUCTIONS

Combine all of the ingredients in a food processor or blender. Add more lemon juice and Stevia Drops to taste.