

Calcium Boost

Blend together:

1 c water

1 c sesame seeds (sue brown seeds; not white)

1/3 c sunflower seeds

5 cloves garlic

½ lemon (not skin)

1 rounded tsp Himalayan pink salt

Use 2 heaping Tbsp. daily/ 2 times daily.

Spread on food, bread etc.

From the kitchen of Melinda Harris