

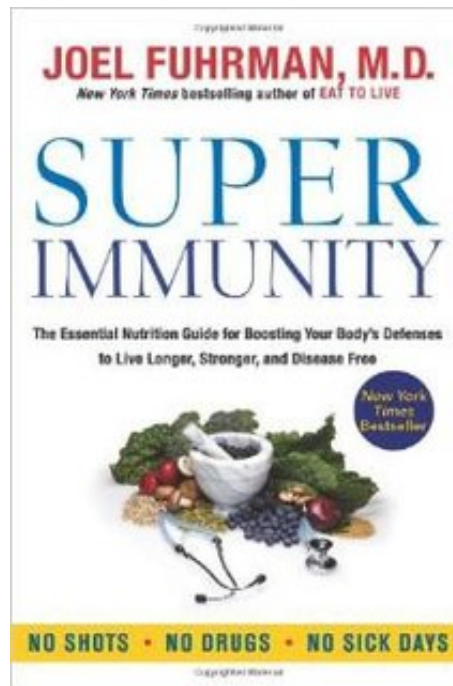
Joel Fuhrman Super Immunity

Reading excerpt

[Super Immunity](#)

of [Joel Fuhrman](#)

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BREAKFAST RECIPES

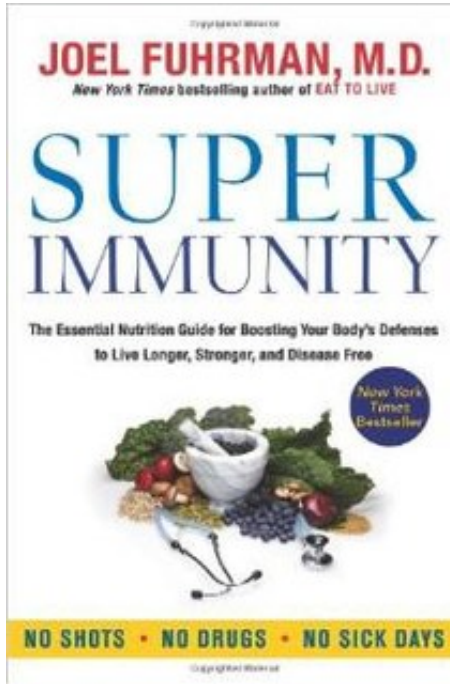
Several of the recipes below contain Dr. Fuhrman's Black Fig Vinegar, Dr. Fuhrman's Blood Orange Vinegar, Dr. Fuhrman's Riesling Raisin Vinegar, Dr. Fuhrman's VegiZest, and/or Dr. Fuhrman's MatoZest. I include these premixed options, available at DrFuhrman.com or fine health food stores, for your convenience; however, the recipes can be made without them. If you use one of the alternate ingredients that I suggest in a recipe, start with a small amount and add more according to your own taste, as the intensity of spice products can differ markedly from brand to brand.

Blackberry Apple Surprise

Serves: 4

- 1 cup currants
- 1/3 cup water
- 8 apples, peeled, cored, and diced
- 1/2 cup blackberries
- 1/2 cup chopped walnuts
- 4 tablespoons ground flax seeds
- 1 tablespoon ground cinnamon
- 1 teaspoon vanilla extract

Place the currants on the bottom of a medium saucepan and add the water. Place the diced apples on top. Cover and steam over very low heat for 5 minutes. Add the blackberries and cook for 2 more minutes. Transfer the apple-blackberry mixture to a bowl and mix well with remaining ingredients.



Joel Fuhrman

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The Essential Nutrition Guide for
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