Golden Vinaigrette:

Lemon juice

honey

cumin

crushed red pepper (optional)

turmeric

sea salt

cinnamon

extra virgin olive oil

Cantaloupe Blueberry Salad

Ingredients: 2 cups cantaloupe, cubed

2 cups fresh blueberries

1/2 cup Plain Yogurt, not greek

 1 tablespoon honey

 2 teaspoons lemon juice

 1/4 teaspoon lemon rind zest

Dr. Patel’s

Green tea zinger

1 bag green tea

Orange zest

Ginger(powder or grated)

½ tsp honey