

Title:

Living On A Fruit Diet

Word Count:

765

Summary:

These days everyone seems to be looking for a healthy diet. Why? Because there is too much of

Keywords:

fruit, diet

Article Body:

These days everyone seems to be looking for a healthy diet. Why? Because there is too much of

The best way to fight it is by going on a healthy diet. Fruits are considered to be extremely

The need for fruits

If your diet consists of vegetables and fruits then it will automatically become a balanced di

The best way to have fruits is take them fresh and you can take them whole or even sliced. You

1. A spread with peach and honey: Take a bowl and add 1 sliced peach, 1/2 teaspoon cinnamon an

2. Fruit slices: Fruits slices can be used for creating many dishes. One of the best ways to h

3. Lemon fruit dip: The lemon fruit dip is a fairly uncommon dish. To prepare it, you will nee

4. Fruity pops: This is a great recipe that tastes good when served frozen. You will need a bl

5. The Banana-Blueberry Mix: This is quite simple to make and it will stir your taste buds. Yo

6. Fresh strawberry salad: Talk about fruit salads and here is one. The ingredients that you w

7. Mango salsa pizza: You may have never heard of this before but this is a great dish. You w

These are some of the fruit recipes that you can try at home. The important thing here is to e

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>