

Foods for Vibrant Health

Airing on WLAQ, 1410 AM • Saturdays 9:30-10:00 a.m.



Cherokee
Herb Shop

4 Coosawattee Avenue • Rome, Georgia
706/232-4478 • CherokeeHerb.com

Blueberry/Coconut/Corn Recipes - Show #2,3,&4

Coco-berry Smoothie

Water from 1 fresh coconut or 1 cup coconut milk
1/2 Cup white grape juice
1 cup blueberries (fresh or frozen)
1 cup strawberries (fresh or frozen)
1 tablespoon honey (optional)

Whirl all of these ingredients up together in a blender and serve in a chilled glass.

Berry Good Fruit Salad

Equal amounts of the following berries:
Blueberries
Blackberries
Raspberries
Sliced Strawberries
Honey to taste (optional)
Grated fresh coconut

Mix berries together. Drizzle honey over the berries. Grate fresh coconut over the top and toss well.

Roasted Corn

This is my absolute favorite way to fix and eat corn.
Select corn on the cob with nice fresh husks. Soak corn (in the husks) in a pan of water or clean sink for 10 minutes. Drain and put on the grill. Rotate the corn until the husks are blackened. Remove carefully with oven mitts. Peel back the husks and cornsilk and use husks for a handle to hold the corn. I like to season mine with "Mama Garlic" seasoning, available at Cherokee Herb Shop. Yummy! Yummy!