

## Rob William's 'Green Smoothie'

Lettuce Leaves

Parsley (Freeze)

Cucumber (Freeze)

Celery (Freeze)

Ginger (Freeze)

Lemon Juice (at least half)

Apple Cider Vinegar – teaspoon to TBSP

Yoghurt or Kefu

Avocado – at least half

Grapes (if need sweetening) (Freeze)

At Breakfast:

- Combine quantities to suit your taste
- Pulverise to Liquify

Should sustain you till 1pm!



## \*Steak Paste

1 lb blade stake

½ lb shoulder bacon

½ lb butter

2 Tablespoons Worcester Sauce

½ nutmeg grated, pinch cinnamon

Cook chopped meat in a steamer with other ingredients for 4 hours!

Blend, seal in jars and keep in frig.

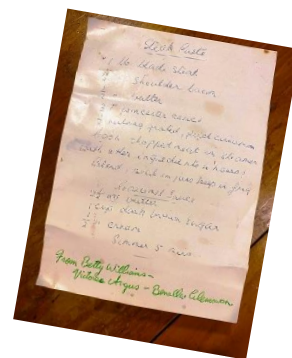
## \*Caramel Sauce

2 ½ ounces of butter

1 cup dark brown sugar

½ cup cream

Simmer 5 minutes.



*\*From Rob's collection of his mother Betty Williams' recipes (pictured).*