



Yogi Mush

For clear beautiful skin, low in calories, high in nutrients

- 4 celery stalks
- 1 bunch parsley
- 4 medium-sized zucchini
- 1 sprig mint
- 1/2 tsp. ground black pepper
- 1 cup cottage cheese or yogurt

Steam celery, parsley, zucchini, and mint for 12 - 15 minutes until soft.
Add the pepper and then puree.
Serve warm with cottage cheese or yogurt.
Makes 2 servings.

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