

Cactus Pear Vinaigrette

Ingredients:

- 2 cactus pears, peeled
- 1 banana
- 2 tsp. apple cider vinegar
- 2 tsp. lemon juice
- 1 tsp. lime juice
- 2 Tbs honey
- pinch of salt (optional)

Cut both ends off of the cactus pears. Make a slit down the middle of each one (lengthwise) and peel the skin off. Cut the peeled cactus pears in half and then add all of the ingredients into a food processor. Process until smooth. Strain vinaigrette through a sieve, to remove all seeds, before use. Enjoy on salads, chicken, fruit, and MORE!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Aging is an extraordinary process where you become the person you always should have been." - David Bowie