

Better Than Butter Recipe



- 1 Whole, Ripe, Raw Avocado
- 1 cup of Raw Young Coconut Meat
- 1 cup of Raw, Sun-dried, Salt-cured Olives
- Optional: 1 Tbsp of Fresh Lemon Juice & 10 Macadamia nuts

Instructions: Place all contents in a food processor for approx. 10 minutes until silken smooth. May need to scrap down edges to have complete texture all throughout. Refrigerate in glass jar.

“Olives may be so prepared as to be eaten with good results at every meal. The advantages sought by the use of butter may be obtained by the eating of properly prepared olives...it is better than any drug. As a food it is better than any oil coming secondhand from animals. When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach” {CD 349-50}.