Anti-ulcer Fruit Cocktail

A mixture of healing foods and herbs to soothe and heal an ulcerated stomach. I love it when medicine tastes so good!

INGREDIENTS

- *Pineapple*
- *Bananas*
- *Blueberries*
- *Cinnamon powder*
- *Clove powder*
- *Ginger, fresh*
- *Raw honey*

DIRECTIONS

Cut up pineapple and bananas and place in a bowl, then add the blueberries and stir together.

Sprinkle generously with cinnamon, cloves, and fresh grated ginger.

Drizzle honey over all and stir well.

