

To: Jeffrey Epstein[jeevacation@gmail.com]; [REDACTED]
From: [REDACTED]
Sent: Sat 4/11/2009 3:18:25 AM
Subject: Nutrition...like smoothies? :)

Hi there!

My intuition thought to share another idea for Jeffrey!

I like very much my homemade smoothies, here are some of my recipes:

avocado
banana
almond butter
coconut milk and/or coconut water or rice milk

avocado
strawberries
coconut milk
coconut water

avocado
banana
strawberries
blackberries
coconut milk
coconut water

I have been drawn to coconut milk and water lately, very good things in them and I like very much getting my good via tasty foods!

And, avocado good one...see if you can get them in your diet, I think it is helpful keeping skin young too!

;))

Big kiss!

Rediscover Hotmail®: Get e-mail storage that grows with you. [Check it out.](#)