

LIVER SHOTS

Directions: Choose organic or non-medicated liver from an integral meat store. If frozen, defrost raw liver in warm water until soft enough to bend. Place into a blender and puree (makes it more palatable). Pour a thin layer onto a baking sheet and refreeze. Once frozen, cut into individual portions and place in a freezer safe container.

- 4 strawberries, frozen or fresh
- Squeeze of orange
- Option: ½ tsp. raw Cacao