Hopes this encourages you. I was trying to figure out what to eat this morning. I seriously wanted some pancakes from IHOP with the pecan maple syrup! That is some good eating but then I said Lord help me then the Lord gave me this recipe to make and I made this lettuce wrap this morning and thought I would share with you:

Romaine lettuce
Tomatoes
Red Onion
Garlic
Carrots
Avocado
Raw Sunflower Seeds
Tahini Sauce
Lemon
A pinch of Sea Salt!

There Is More That I Require of Thee is a Ministry addressing the needs of individuals and planting the seeds of the Gospel for an Eternal Future.

If you would like Prayer, Bible Studies or to learn more about Nutrition or Medical Missionary please email danielle.smith17@hotmail.com or call (323)799-8217 www.thereismorethatirequireofthee.org or www.niyatigroup.com