

Vibration Cooking From the Heart . . .

Batey's Jamming Goodies from the Farm

(615) 485-4548 carol37076@aol.com www.artlifestylecoach.com

Carol Batey makes yummy jams, spreads, sauces and other fruits from nature. . . .
Raspberry Hot Pepper Jams can be used on meats, vanilla ice cream, fresh fruits and cream cheese with crackers.



Sugar and Splenda®

Apple, Raisins Hot Pepper Spreads can be eaten with lamb, turkey, pork, or beef.

Low Sugar Splenda®

Carol's favorite Spread is Tomato/Basil. Once you spread this delight on a whole wheat cracker with cream cheese, you won't ever forget the taste! When she serves this tasty favorite to her guests, they want jars to take home!

This vibration cook fixes Hot Salsas to top off your dishes, chips, fishes, and more.

Now, her Tomato Spice Jam or Spread is to die for! These taste like Apple Butter – wait 'till you sample the TSJ! *The Tomato Spice Jam* has cloves, cinnamon, nutmeg and Splenda® for sweetener.

You must try her Peach/Cucumber Salsa and her Apple Butter with a hint of fresh mint or cinnamon candy.

All of Carol's products are made with Love of Course

Batey also makes natural skin-care products such as: Peppermint Shea Butter cream and a foot scrub to match.

She also creates a Lavender Cream with a touch of Orange oil for the entire body.

Her specialty Shea Butter creams are Lemongrass along with a hint of Spearmint.

As a massage therapist, she uses this combination on her clients.

Why don't you call for an appointment?

Carol Batey is an Author, Lifestyle Coach and Massage Therapist. Her books are: "Parents Are Lifesavers," "In Due Season: Destiny's Calling Your Soul," and soon to be released in November '09, "Poise for the Runway of Your Life."