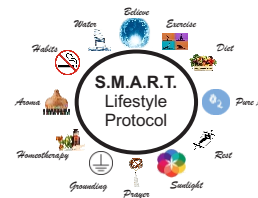




Super Salad

Prep Time
15 mins

Total Time
15 mins



Course: Lunch/Dinner

Cuisine: World

Keyword: Salad

Servings: 2 Servings

Ingredients

Dressing

- 2 tablespoons cold pressed flaxseed oil.
- 2 tablespoons pure lemon juice.
- 2 tablespoons coconut oil.
- 1 tablespoon raw honey or black strap molasses.
- 1 teaspoon Celtic sea salt.
- 1 teaspoon Bragg's organic sprinkle or Italian seasoning.
- ½ teaspoon oregano.
- ½ teaspoon garlic powder.
- ½ teaspoon turmeric.
- ¼ teaspoon black pepper.
- ¼ teaspoon cayenne pepper.
- ¼ teaspoon curry powder.

Instructions

1. Add all the ingredients for the salad dressing in a mixing jar.
2. Mix well and set aside.

Ingredients

SuperSalad

- ½ cup chopped Kale.
- ½ cup chopped Spinach.
- 1 cup diced Broccoli.
- ½ diced Celery.
- ½ cup diced Cauliflower.
- ½ cup sliced Red cabbage.
- ½ cup diced Red onion.
- ½ cup diced Zucchini.
- ½ cup diced Red, Green or Yellow pepper.
- ½ cup diced Mushrooms.
- 4 tablespoons Sauerkraut.
- 1 sliced Avocado.
- 20 Raw almonds.
- 2 tablespoons hulled sunflower seed.
- 2 tablespoons chia seeds.
- 2 tablespoons flaxseeds.

Instructions

1. Add all the ingredients for the salad in a mixing bowl, except the flaxseed.
2. Grind the flaxseed in a coffee grinder and add it to the rest of the salad.
3. Mix well.
4. Add the salad dressing and mix well.

