



Fresh Green Detox Salad

Prep time: 5 mins Total time: 5 mins
Serves: 1

Ingredients

- 1 bunch of bitter greens such as arugula, dandelion greens, endive etc.
- 1 avocado
- ½ cucumber
- Handful of fresh parsley and cilantro
- 1 teaspoon apple cider vinegar
- 1 tablespoon extra-virgin olive oil (EVOO)
- Juice of ½ lemon

Instructions

1. Rinse greens and lay in a bowl.
2. Chop avocado, cucumber, parsley and cilantro and top over greens.
3. Mix apple cider vinegar, EVOO and lemon juice in a glass and drizzle over salad.

Optional Add-Ons:

- Top with seaweed flakes for extra flavor and nutrients.
- Add other fresh vegetables, my favorite is green onions to boost the flavor.

This big green fresh vegetarian salad is a great lunch meal that is easy to prepare, tasty and will satisfy your hunger. This salad is filled with a lot of nutritional benefits, the bitter greens are high in vitamins A and C, the avocado will supply your body with healthy fats and the cucumber will rehydrate your body and replenish daily vitamins. Please choose organic for the greens, cucumber, parsley and cilantro. Always best to have all ingredients organic, but since the avocado has a harder shell, not as many pesticides get in. Enjoy!

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