



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit
Skin Detoxifying Salad

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| 2 baby romaine lettuces, roughly chopped | ¼ bunch parsley, roughly chopped |
| 1 carrot dices or shredded | ¼ bunch mint, roughly chopped |
| 1 medium cucumber, diced | ¼ red onion, finely diced |
| ¼ bunch radishes, diced | |
| ½ can garbanzo beans (14ozcan) | |
| <u>Dressing:</u> | ¼ tsp. cayenne pepper |
| ½ avocado | 1 tsp maple syrup |
| 1 Tbsp. apple cider vinegar | Pinch of sea salt |
| 1 lime, juiced | |
| 1 Tbsp hemp seeds, Crunchy Salad Topper, or 3 seed mix. | |

For the dressing, mash the avocado using a fork. Add apple cider vinegar, lime juice, cayenne pepper, maple syrup, and a pinch of sea salt. Stir, whisk, or blend until smooth.

In a large bowl, arrange the lettuce leaves, carrot, cucumber, radishes, garbanzo beans, herbs, and onion.

Dollop dressing on salad, mix. Garnish with Crunchy Salad Topper, three seed salad topper or hemp seeds.

Serves 1, adapted from foodmatters.com.

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