



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

Superfood Salad

Organic roasted sweet potatoes add clean complex carbohydrates and loads of nutrition, while goji berries, arugula and kale aid in detoxification, organic veggies provide your cells the phytonutrients to build and repair. Almonds and avocado are the good fats that fuel us!

1-2 roasted sweet potatoes

2 c. arugula

2 Tbsp. avocado oil

2 c. baby kale

Salt to taste

4 radishes, finely sliced

1/2 c. goji berries

1-2 avocado. diced

½ c pepitas (raw pumpkin seeds)

½ c nuts-pecans or walnuts work great, can also use almonds

2 c fresh veggies of choice
(mushroom, cucumber,
tomatoes, carrots etc)

Salad Dressing:

6 tbsp peanut or almond butter

1 tsp apple cider vinegar or
squeezed lemon juice

2 tbsp gf soy-free tamari

2-4 garlic cloves minced

1 tsp honey or maple syrup

1-2 tbsp grated ginger

Angela Burge
MEDICINE WOMAN

Food Energy Plant

aburge@angelaburge.com

www.angelaburge.com

209-404-5130



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

Preheat oven to 450 degrees. Rub sweet potatoes with olive oil and sprinkle with salt. Baked until softened but not mushy, about 30 min depending on size. When done, allow to cool. Dice.

Meanwhile, mix all dressing ingredients in a small bowl.

Toss the veggies, leafy greens, roasted chopped, sweet potato, and berries together in a large bowl.

Add the dressing and toss lightly.

Top with avocado, seeds, and nuts.

Enjoy!

Serves 2 for lunch

Angela Burge
MEDICINE WOMAN

Food Energy Plant

aburge@angelaburge.com

www.angelaburge.com

209-404-5130