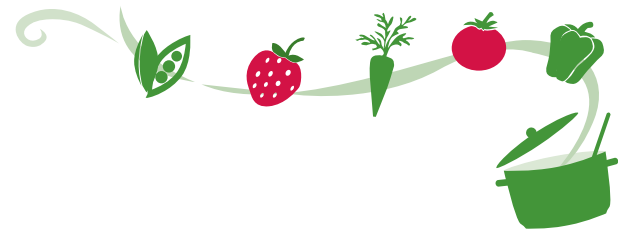




NUTRITIOUS SALAD



NUTRITIOUS SALAD

Contains Vitamins A, B, C, E, and K!

- 1 pinch grated carrots
- 1 pinch grated beets
- 3 leaves of spinach
- 1 small handful lettuce
- 1 spoonful of mixed greens
- 1 generous spoonful sunflower seeds

- Grate carrots and beets.
- Wash spinach, lettuce, and mixed greens. Gently rip into bite-sized pieces.
- Toss all ingredients gently in a bowl.
- Add any other vegetables that you desire.
- Top with a generous spoonful of sunflower seeds.
- Drizzle with one spoonful of Honey Vinaigrette Salad Dressing.

HONEY VINAIGRETTE SALAD DRESSING

- 1 cup vegetable oil
- 1/2 cup red wine vinegar
- 1/4 cup liquid honey
- 1 tsp dijon mustard
- 1/2 tsp salt
- 1/4 tsp pepper

- Mix all ingredients in a jar or container with a tight lid.
- Shake until well combined.

