

Detox Salad

Adapted From: fedandfit.com

Makes 4 Big Servings

Ingredients

Salad

½ head green cabbage
3 large beets
1 bunch dinosaur (lacinato) kale
½ cup fresh cilantro
Zest from 1 lemon

Detox Salad Dressing

Juice of 2 lemons
⅓ cup sunbutter OR ½ cup raw sunflower seeds
1 Tablespoon fresh ginger, grated (or more if you like ginger)
¼ cup raw unfiltered apple cider vinegar
½ teaspoon sea salt



Directions

Salad

1. Shred cabbage in a food processor.
2. Peel and shred beets.
3. Slice kale into thin slices. Discard the bottom few inches (or toss in compost or save for a soup).
4. Chop the cilantro.
5. Zest the lemon.
6. Then combine all salad ingredients in a large mixing bowl.

Salad Dressing

1. If you are making the sunflower seed butter, place ½ cup raw sunflower seeds in food processor for about 5 minutes, or until “battered.”
2. Combine all dressing ingredients (lemon juice, sunbutter, grated ginger, raw unfiltered apple cider vinegar, and salt) in a food processor or blender and blend for 1-2 minutes, or until smooth and creamy.
3. Pour dressing over salad ingredients and toss well.
4. Let sit for about an hour (if in the fridge, let sit for a few hours). I found this salad to be even better then next day. This would be a great salad to make on the weekend and take for lunch (with a lean protein) during the workweek. Enjoy!

Nutrition Information per Serving: Cal: 190, Pro: 8 gm, Carbs: 25 gm, Fiber: 8 gm, Total Fat: 8 gm, Saturated Fat: 1 gm, Sodium: 390 mg, Chol: 0 mg