

Herbal Legacy Recipes

Amazing Alfalfa Avocado Antipasto

This salad is so tasty you may want to eat it as a snack! It may feed two, but only if the person who gets to it first is willing to share.



INGREDIENTS:

- 4-6 cups salad greens
- 2 carrots peeled and grated
- 1 cup alfalfa sprouts
- 1 whole ripe avocado, sliced
- ¼ Cup blueberries
- 1-2 Tablespoons chopped red onion
- Olive oil
- Sea Salt and black pepper

DIRECTIONS:

1. Make a bed of salad greens.
2. Sprinkle grated carrot over the greens.
3. Next spread the alfalfa sprouts on the carrots, leaving some carrots visible.
4. Carefully arrange avocado slices on top.
5. Sprinkle blueberries and red onion over entire salad.
6. Drizzle with extra virgin olive oil and add a pinch of Sea Salt and ground pepper.

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