

Herbal Legacy Recipes

Red Rush Salad

Contributed by Laura B, Pine Valley, Utah

Ingredients:

3 broccoli stems
1 raw beet
3 celery stalks
1 large pomegranate
1/2 c. soaked raw sunflower seeds
1/2 c. soaked raw peanuts
Juice of 1 lime
Olive oil to taste
Apple cider molasses or maple syrup to taste.



Directions:

Soak sunflower seeds and peanuts for at least 6 hours, then drain.

Peel and shred broccoli stems and beet into a bowl. Chop and add celery. Peel and seed pomegranate. Add remaining ingredients to taste. Toss in bowl. Serve immediately.

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<http://www.herballegacy.com/Recipes.html>