

Herbal Legacy Recipes

Scrumptious Summer Salad

INGREDIENTS:

- Spinach
- Red-leaf lettuce
- Broccoli
- Peas
- Handful of slivered almonds
- Handful of sunflower seeds
- Avocado
- Berries (especially blueberries, blackberries and dark raspberries)
- 1 cup cooked brown rice
- 1 cup wheat berries

DIRECTIONS:

To make the wheat berries, pour two cups of boiling water and one cup of wheat in a thermos and let it soak overnight.

Tear the spinach, red-leaf lettuce and broccoli into bite-sized pieces.

Toss all ingredients together (use lots of each ingredient that doesn't have an amount listed) in a large salad bowl and enjoy. This salad is full of food with dark colored flavonoids.

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