

Herbal Legacy Recipes

Seed and Vegetable Salad

by Elisa Buenaumentura

1/2 Avocado, ripe
1/4 cup Asparagus spears, diced, raw
1 carrot, raw, shredded
1 large piece broccoli, raw
1/2 cup kale, finely chopped, raw
1/4 cup cauliflower buds, raw
2 tbsp. sunflower seeds, ground or whole

Add all ingredients in glass bowl. Top with avocado dressing.

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