

# *Herbal Legacy Recipes*

## **Alfalfa Sprout Salad**

Contributed by Dr. Gayle Eversole  
The Oake Centre for natural health education  
Garfield WA

### Instructions:

Grate one apple

Cover apple with 4 ounces alfalfa sprouts

Juice one fresh orange over the sprouts

Add one teaspoon freshly ground peanut butter