

SPRING DETOX SALAD

Ingredients

4 cups mixed greens: Chopped arugula & kale (or boxed organic baby arugula & kale, or other assorted dark greens)
1 cup roughly torn dandelion greens
1 cooked beet, chopped
1 apple, unpeeled and chopped
1 avocado, chopped
3 Tbsps Raw pumpkin seeds

Dressing

1 Tbsp lemon juice, freshly squeezed
2 Tbsp cold-pressed extra virgin olive oil
Thumb-sized ginger root, grated
¼ tsp turmeric powder
1 clove garlic, grated
1 Tbsp maple syrup
Pinch of cayenne pepper
Pinch of sea salt

Mix ingredients in large salad bowl and add blended dressing right before serving...Enjoy!

Kale and arugula are cruciferous greens, meaning they contain a compound called indole-3-carbinol which supports liver elimination. Dandelion leaves are a choleric herb, meaning that they help bile production via the liver. All of these greens contain chlorophyll, which also helps support elimination of toxins and removal of heavy metals from the blood.

Beets contain beta-carotene, apple skin contains pectin, avocado contains glutathione all being compounds that support our natural detoxification pathway. Pumpkinseeds, not only have omega-3s, fiber and protein, but also contain a compound called curcubitin that helps elimination of parasites.

In the dressing, cayenne, ginger and garlic all promote circulation, and turmeric is a powerful antioxidant that helps scavenge free radicals in the detoxification process. Garlic also functions as a natural anti-viral, anti-bacterial and anti-fungal ingredient.