

# *Sarah's Healing Touch* *for Women*

## **10 Ways to Dress Up Your Salad**

- 1) Lots of Colors- I love putting together a beautiful plate of salad. It always makes me enjoy my salad so much more. Strive to have lots of different shades of green, reds, purple, orange, yellow, and some white.
- 2) Sprinkle some yummy nuts & seeds to add a flavorful crunch-sunflower seeds, pumpkin seeds, almonds, walnuts, cashews, they are all loaded with nutrition plus taste delightful!
- 3) Two Words, Nutritional- Yeast! This amazing super food is loaded with your B's, minerals, and more vitamins plus it is a complete protein. Plus the cheesy flavor is unusually yummy
- 4) Hemp Seed and Ground Flaxseed great super foods plus high in fiber and good omegas
- 5) Make your own dressing! Try some olive oil, bragg's aminos, apple cider vinegar or some homemade ranch
- 6) Add fresh herbs to your salad for an extra kick! Basil and Oregano are my two favorites and very immune boosting
- 7) Dried Herbs are the next best step if you can't get them fresh. I usually add the dried herbs to my homemade dressings
- 8) Sprouts! They are so high in nutrition and so easy and cheap to grow!
- 9) Beans. You can cook your own beans for cheap
- 10) Sprinkle some Raw Vegi-Crackers over your salad...sooo good.....I think I am going to go make a salad right now!

*Rejuvenate Refresh Relax*