

NATURE'S



FOOD PATCH

## Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703

[www.naturesfoodpatch.com](http://www.naturesfoodpatch.com)

### Epic Holiday Salad 12/14 - Brad Myers, The Vegabond Chef

#### GREENS!

Mix & Match for favorite greens and finely chop!

~Lettuce, Kale, Spinach, Arugula, Parsley, Mint, Mustard, Red Leaf, Romaine~

#### VEGGIES!

Carrots (julienne)

Red Onion (Sliced)

Radish (Sliced)

Celery (Sliced)

Sprouts

#### FRUITS!

Tomato (Chopped)

Avocado (Cubed)

Cucumber (julienne)

Raisins

#### NUTS!

Hemp Seeds

Pistachios

#### RED DRESSING!

1 T Goji Berries

1 whole Orange

½ Lemon Juice

¼ c soaked Pecans

Slice of Beet

3 Soaked Dried Mango Slices (plus a little water)

6 Raspberries

1 t Olive Oil

1 t Balsamic Vinegar

1 t Agave

Pinch Salt

Optional: ginger, mint, or red onion

#### GREEN DRESSING!

½ c Soaked Sunflower

¼ c Lemon Juice

3 T Olive Oil

1 bunch Dill

1 garlic clove or small piece Sweet Onion

1 t Salt

To make the Red Dressing start by dry blending the gojis first, then add remaining ingredients & blend until smooth (we use a bullet type blender for the dressings). Make the Green Dressing by blending all ingredients until smooth.

Build your salad by starting with the greens, then add your veggies, then fruits, & finally sprinkle with the nuts. Then drizzle Red & Green Dressings over it. Eat and enjoy! YUM!