

## Innate Salad

### Ingredients

Base is any and all of:

- Carrot
- Broccoli
- Celery
- Beets
- Ginger
- Garlic
- Swiss Chard
- Kale

Then add some of:

- Organic Greens
- Spinach
- Cucumber
- Peppers
- Tomatos
- Additions:
  - Sprouts (alfalfa, soy, bean)
  - Nuts and Seeds
  - Fruits

### Instructions

To make preparation and consumption of enough vegetables easier it is a very good idea to use a food processor. Chop the veggies into pieces about as big as your finger nail. Use good things like swiss chard, kale, broccoli, cauliflower, cabbage, carrot, celery, beets, parsley, some ginger and some onion and garlic. Put the whole green leafy vegetable in stems and all. Put the entire mixture into a big container (glass is best) that you can seal and put in the fridge. If you choose you can sprinkle the mixture with some lemon or lime juice or some vitamin C powder to keep it fresh for longer periods.

Now buy a GIANT salad bowl for each person. Yes the one you used to put on the table for the whole family is now going to be an individual sized bowl!! Put some organic greens and cucumber or red, green, yellow, or orange peppers and some tomato on the bottom of the bowl and then top with a large portion of the vegetable mix. Always add some sprouts (alfalfa, soy, bean, etc) and you can also add some seeds if you like. Top with some Innate Diet™ vegetable dressing (Innate Choice Omega-3 oil, lemon juice and/or balsamic vinegar to taste).