

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