

# *Happy~Healthy~Blessed*

## Seven Layer Salad



### **Ingredients:**

- 1 head of organic lettuce of choice
- Handful of organic baby spinach
- 1 cup fresh peas
- 1 cucumber sliced
- ½ red onion or 4 green onions sliced
- 2 stalks thinly sliced celery
- 2 carrots grated
- 1 red bell pepper diced
- 2 tomatoes chopped
- 1 can sliced olives
- Cheese to liking (about ½ Cup)

\*Options to put in as layers: Sliced eggs & Turkey Bacon (nitrate free)

*Rejuvenate Refresh Relax*

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Dressing:

- 1/2C. Veganaise
- 3/4 C. Brown Cow plain yogurt (make sure to get the cream that is on top...Yum!)
- 2 tsp. Raw organic apple cider vinegar
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1/2 tsp. dill

In a clean serving dish layer the vegetables in a colorful order of choice. Put the Cheese olives and onions as the final layer. Mix the Dressing well and pour on as top layer. Beautiful and yummy salad!

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