



SIMPLE GREENS SALAD RECIPE

A nutritious and cost effective green salad that's easy to whip up & extremely delicious!

INGREDIENTS

- 1 cup of Spinach
- 1 cup of Arugula
- 1/2 of sliced Avocado
- 1 Cucumber
- 1 cup of Broccolini (Cooked or Raw works for this salad)
- 1 Tbs. Hemp Seeds
- Salt and Pepper
- Slice of Lemon
- Virgin olive oil
- Balsamic vinegar and apple cider vinegar

PREP TIME

- Prep | 5 min.
- Cook | None!
- Total Time | 5 min.

NUTRITION FACTS

- Serving size | 1 serving
- Calories per serving | 350 cal
- Fat per serving | 18 grams
- Protein per serving | 15 grams
- Carbs | 20 grams

Based on a 2,000 calorie diet

PROCEDURE

- 1)
 - Wash your vegetables by gently scrubbing them under cold water and wait to dry.
 - Proceed to carefully cut the avocado to your pleasing.
- 2)
 - In a mixing bowl add all the ingredients.
 - Add a squeeze of fresh lemon.
 - Drizzle extra virgin olive oil.
 - Add balsamic vinegar and apple cider vinegar.
- 3)
 - Proceed to stir until ingredients are combined.
 - Transfer salad into a serving bowl
 - Last but not least... Top off your salad with something crunchy like walnuts or toasted pine nuts and dig in!