

Simple Detox Salad

Prep Time: 15 minutes | Cook Time: 0 minutes

Servings: 4 | Serving Size: ¼ of salad

This nutrient dense salad will cleanse your gut and help support your body's detox pathways while also filling you up! You will also get a nice boost of healthy fats from the avocado, olive oil, and sunflower seeds. Great on its own or pairs well with most any choice of clean protein. Swap the dressing for a different detox dressing as desired.



Ingredients:

4 cups baby arugula
3 cups light greens (butter lettuce, romaine, etc), chopped
1-1 ½ cups coleslaw mix or shredded cabbage + 1 carrot, shredded
1 heaping ¼ cup parsley, chopped
2 green onions, minced
1 large or 2 small avocados, pitted, peeled, and chopped or sliced
¼ cup sunflower seeds

Apple Cider Vinaigrette:

4 tablespoons olive oil or flax oil
2 tablespoons apple cider vinegar
½ teaspoon sea salt
4-6 drops dark liquid stevia

Directions:

1. Combine all salad dressing ingredients in a small mason jar or container, shake until well mixed and set aside.
2. Combine all salad ingredients in a big bowl.
3. Add ½ of dressing and toss well to combine or if using for leftovers, add dressing and avocados each time you have a serving instead of all at once.
4. Enjoy and happy detoxing!

Tips and Tricks:

You can make this salad and the dressing at the beginning of the week and store in separate airtight containers in fridge. Then just add some dressing and avocados fresh when you have a serving.

Nutritional Information Per Serving:

Calories: 199.9
Fat: 17.7 g
Cholesterol: 0.0 mg
Sodium: 313 mg
Total Carbohydrate: 9.5 g
Dietary Fiber: 5.3 g
Sugars: 1.9 g
Protein: 4.2 g