

FPS Super-Food Garden Salad

Salad:

4 cups Salad, chopped or ripped

Handful Radishes, sliced

Tomatoes, chopped

Peppers, sliced

Handful Raw Cashews, or other Super-Food nut

1 TBSP Chia or Hemp Seeds

French Grey Salt, to taste

Freshly Ground Pink Peppercorns, to taste

Combine all ingredients in a bowl. Pour dressing over and toss gently to combine.

Buon Appetito!

Dressing:

1/3 cup freshly squeezed Orange juice (about 2-3 oranges)

1/4 cup freshly squeezed Lime juice (1 lime)

1 TBSP Blue Agave Nectar

French Grey Salt, to taste

Freshly Ground Pink Peppercorns, to taste

1/2 cup Grapeseed Oil

Combine all ingredients except Grapeseed Oil in bowl. Constantly whisking, pour oil in a fine stream until all is incorporated.