

3 Super Easy Salads

Rainbow Salad

Romain, purple cabbage, chick peas, corn, bell peppers, grape tomatoes, blueberries or blue cheese, radishes or apples.

Lemony Avocado Dressing

- 1 small avocado
- 2 tablespoons fresh cilantro
- 1/4 cup (60 ml) water
- 2 tablespoons lemon juice
- 1/4 teaspoon sea salt



Stoplight Salad

Red, yellow and green bell peppers chopped small. Add tomatoes if you're that kind of girl. Dressing is olive oil, lemon juice, garlic (fresh or powder), salt and herbs from the garden.

Strawberry Mint Salad

Fresh strawberries
Torn Mint leaves
Lemon Juice
Honey



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