

Mixed Salad Bowls

Ingredients: serves 2

- 4 handfuls of fresh kale
 - ½ cup chopped cauliflower
 - ⅓ cup shredded cabbage
 - ½ cup finely chopped bell peppers
 - ¼ cup onion finely chopped
 - 2 tbsp sprouted lentils (see how below)
 - ½ cup carrot lentil dip (see recipe below)
1. In your food processor pulse the kale into small pieces and put this in a salad bowl
 2. Add the rest of the veggies around the kale in small piles
 3. Put the Carrot dip in the centre of the salad (see recipe below)
 4. Drizzle with the Carrot Ginger dressing (see recipe below) and serve
 5. Let each person mix the salad as they eat it



Carrot Lentil Dip

Ingredients needed: makes 2 cups

- 2 large carrots (chopped)
 - ½ cup lentils (soaked overnight)
 - ¼ cup onion (chopped)
 - 2 tbsp honey
 - 2 tbsp ground flax seed
 - 1 tbsp CarrotJuice Max
 - ¼ cup apple cider vinegar
 - 1-2 tbsp horse radish
 - ½ tsp of each: curry, tumeric, cumin
 - 1 clove garlic
 - 1 tsp cinnamon
 - 1 tsp sea salt
 - ¼ tsp cayenne
1. Make sure you rinse and drain the lentils before using in this recipe.
 2. Put the following into your food processor and blend on high until it is creamy:
 - Carrots, lentils, onion, honey, flax seed,
 - CarrotJuiceMax, horse radish & apple cider vinegar
 3. Add the seasoning:
 - Curry, turmeric, cumin, garlic, cinnamon, sea salt, cayenne
 4. Blend well then use as a dip with veggies or crackers. Keeps well in the fridge for 4-5 days.



Carrot Ginger Dressing: makes 1 cup

Put the following into your mini blender and blend until creamy:

- 1 lemon juices
- ½ cup olive oil
- 1 tbsp CarrotJuiceMax
- 1 tsp honey
- 1 tsp ginger or 3-4 thin slices
- 1 small clove of garlic

Sprouting Lentils: add freshly sprouted lentils to my salads and soups and they are easy to do:

1. Take the dried organic lentils and put into a bowl then cover with distilled water so they have room to expand
2. Let sit on the counter covered with a paper towel for 24-36 hours.
3. Once they are sprouted rinse with cool water then drain and they are ready to eat!

