

SALAD GREEN RECIPES – here are some more ideas of how I used my greens from my Garden Tower

Arugula Avocado Dip (pictured left and centre)

Step 1: Put the following into your food processor and blend until chunky

- 1 ripe avocado
- 1 lemon juiced
- 2 tbsp finely chopped onion
- 4-8 stems of arugula greens
- 1 clove garlic minced
- 2-4 mint leaves
- Sea salt to taste

Step 2: spread on some flax crackers or celery sticks, use as a dip with asparagus spears or other veggies



Lettuce & Arugula Smoothie (picture to the right)

Put the following in your mini blender and blend until smooth

- 1 lemon juiced
- 6-8 leaves of mixed lettuce greens
- 3-6 leaves of arugula
- 2-4 leaves of fresh basil
- 1 cup water
- Pinch of sea salt

