

Apple/Grape Salad with Sweet Cinnamon Dressing

The Salad: (serves 4-6 people)

Wash 4 cups baby Romaine or Arugula lettuce and put in a large salad bowl and add the following:

- 2 golden Delicious apple (cored & diced)
- 1 cup diced celery
- ¼ cup sunflower seeds
- ½ cup sliced red grapes

Toss well with the dressing below.

The Dressing: makes ½ cup to use more than once

Put the following into your blender:

- 3 tbsp. apple cider vinegar
- 3 tbsp. extra virgin olive oil
- 1 tsp. of each: ginger & cinnamon
- 1 tsp. maple syrup
- 4 grapes

Mix well in your blender until creamy.

Add the dressing to the salad and toss just before serving.



Apples existed as a wild fruit since prehistoric times and have been cultivated for more than 3,000 years. The ancient Greeks, Etruscans, Romans and Egyptians were among its early cultivators. Today there are thousands of varieties to choose from. One medium apple contains about 80 calories and is a good source of fibre and Vitamin C. Remember the old saying, “An apple a day keeps the doctor away”, well; this is good advice because it is thought by many that apples reduce the risk of stroke and heart attack and can reduce skin diseases! An apple has only 50-80 calories and has no fat or sodium. **Apples are rich in antioxidants, potassium, Vitamin C & A and fiber,** which are all good for the heart. There are many varieties of apples available, so try a different one each day of the week to enjoy good eating and better health!

Apple Cabbage Salad with Honey Mustard Dressing

The Salad: serves 2

There are many recipes for this popular salad; here is one with a new twist to try!

Put the following into a large salad bowl

- 3 cups grated cabbage
- 1 red & 1 green apple sliced thinly
- ½ cup chopped celery
- ½ cup raisins
- ¼ cup pumpkin seeds

Toss with the following dressing.

The Dressing: makes 1 cup

- 3 tbsp. pumpkin seeds
- 3 tbsp. apple cider vinegar
- ½ tsp. of each cinnamon and nutmeg
- 1 tbsp. honey or maple syrup
- 1 tsp. ground mustard

Blend this on high until smooth and pour over salad - toss well and serve cold!



These recipes are found in **Judy Fleming's book Salads and Raw Dressing Made Easy with 34 salad recipes and 34 dressing recipes.** You can buy it for just \$9.95 by call our toll free number 1-866-478-2224 at Hallelujah Acres/Diet Canada.