



Spinach & Apple

Salad with homemade chia seed dressing



*Eat well.
Live well.*

**Soy-Free. DF. *GF. Sugar-Free. Nut-Free.
Corn-Free. Vegan. Vegetarian. *Paleo. *Keto.
*Good for ALL Blood-Types**

Salad:

- 1.5 cups spinach, chopped
- 1/2 cup raw broccoli florets, chopped
- 1/2 cup apple, chopped
- 2 tbsp hemp seeds
- 2 tbsp sprouted or roasted pumpkin seeds*
- 5 sea salt crackers, crunched up*

Chia Seed Dressing:

- 2 tbsp pure canola oil
- 2 tbsp apple cider vinegar
- 2 tbsp pure maple syrup*
- 1/2 tbsp chia seeds
- generous sprinkle of sea salt

See foot notes for items marked with*

NOTE: For the most health-conscious version, use as many organic ingredients as possible. Most important in this recipe are: Spinach, Broccoli, & Apple.

PREP: 10 minutes

COOK: 5 minutes

SERVES: 2

- 1) Place all ingredients for the dressing in a medium bowl.
- 2) Whisk until smooth & frothy.
- 3) Place in the refrigerator until salad is prepped.
- 4) Prep salad ingredients & place them all together in a large bowl.
- 5) Toss salad with the desired amount of dressing and sprinkle with crackers.



Gluten Free: use a GF cracker for the croutons. Our favorite is 'Simple Mills', almond flour sea salt crackers.

Paleo: Replace maple syrup with honey.

Keto: Replace maple syrup with a sugar-free syrup.

Blood Types:

·If you are a **B** or **AB** blood type you should avoid pumpkin seeds.