



BROCCOLI-DANDELION AVOCADO SALAD

Ingredients:

- 2 cups chopped & steamed broccoli
- 1 cup (or more, if you want a bitter-tasting salad) lightly steamed dandelion greens
- 1 ripe avocado, peeled and diced
- 3/4 cup steamed, chopped bell peppers – yellow, red, or orange
- 1/2 cup toasted sunflower seeds
- 2 tbs shredded coconut
- 1/4 to 1/2 tsp each of ground cumin, coriander, and fennel

Directions:

In a large mixing bowl, mix together all ingredients except the avocado and cilantro almond sauce. Gently stir in the sauce and toss in the avocado.

*You can eat this salad raw if you feel no deleterious effects to your digestion.

*If you're looking to bulk up this meal, add some white basmati rice, but be sure to cook the vegetables!

FRESH CILANTRO AND ALMOND SAUCE

If your agni (digestive fire) is up to the task of digesting raw veggies, this sauce could double as a dip for crudite as well. Otherwise, it dresses cooked vegetables very nicely.

- 1/2 cup almonds, soaked overnight and peeled
- 1/4 cup lime juice
- 1/2 cup water
- 1/2 bunch fresh cilantro, or more, to taste
- 2 tbs. good quality extra virgin olive oil
- Pinch of mineral salt
- Black pepper to taste

Directions:

Puree all ingredients in either a blender or food processor. Add more water, if necessary, for desired consistency. Store the sauce in the fridge for up to 48 hours.