

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Apple Pie Salad



1 head of red leaf lettuce

1 large tomato chopped

1 avocado diced

Walnuts

Raisins

Dressing

2 peeled apples

1/4 cup fresh squeezed orange
juice

Cinnamon to taste

Build your salad with the lettuce, tomato, avocado, walnuts and raisins to taste. Blend the apples, orange juice and cinnamon together until smooth. Pour over your salad and enjoy!

Recipe from Eat to Live by Joel Fuhrman, M.D.