

Apple and Carrot Salad

1 part apples cubed and soaked in lemon juice

1 part carrots chopped

½ part celery chopped

¼ part onions, finely chopped (more or less to taste)

½ part dates finely sliced (raisins can be substituted)

Olive oil (as desired, start small)

Lemon juice (as needed to prevent browning of apples)

Mix all ingredients and soak for 15 minutes for flavor accentuation. This is a savory, sweet salad and is refreshing. For a finer texture, pulse in a food processor until the desired texture.

Tip: Letting the salad sit overnight softens the flavor of the onions significantly. This may be nice for children who may not like the intense flavor of a raw onion.



Recipe taken from The School of Natural Healing book