

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Dandelion Delight

1 bunch of dandelions
1 head romaine lettuce
1/2 red onion
1 c. fresh or thawed frozen peas
1 stalk celery
1 red, yellow or orange bell pepper
1/3 c. pumpkin seeds

Dressing

1/2 c. olive oil
Juice of 1lime
2 cloves garlic
1/2 real salt or Celtic salt
1 t. pepper
1/2 t. mustard powder
1/8 t. cayenne



Wash and coarsely chop all vegetables and place them in a large bowl. Add the pumpkin seeds and dressing to taste. Toss and serve.