

# Herbal Legacy Recipes

## A MYRIAD OF SALAD IDEAS

*Enjoy making your own salad combinations. Mix and match to your taste buds - Consider this is only a start. - Doreen Spackman*

### **Lettuce**

red leaf  
green leaf  
romaine  
spinach  
kale  
cabbage  
spring mix

### **Vegetables**

cauliflower  
carrots  
tomato  
zucchini  
yellow squash  
cucumbers  
broccoli  
sweet peppers  
peas

### **Fruit**

avocado  
apple  
pear  
orange  
watermelon  
mango  
pineapple  
strawberries  
blueberries

### **Extras**

sunflower seeds  
brown rice-cooked  
red Quinoa-low heated  
flax seed-ground  
coconut-shredded  
sprouts



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<http://www.herballegacy.com/Recipes.html>

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