

# Herbal Legacy Recipes

## Salsa-Sprout Salad

Submitted by Herbal Legacy newsletter subscriber Angela Shepherd

Don't be fooled by the simplicity of this recipe, sometimes the simplest things are the best.

### INGREDIENTS

- Handful of Sunflower sprouts
- 1 avocado, cubed
- Fresh salsa

### DIRECTIONS

1. Break up sunflower sprouts; make a "bed" of sprouts on your plate.
2. Next arrange cubed avocados on top of the sprouts and top it off with fresh salsa.



Serves 1

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