

Valentine's Salad!

- 2 cups organic spinach or spring greens
- 2 cups chopped romaine lettuce
- ½ cup sunflower seeds, presoaked (2 hours) and rinsed
- ¼ cup sprouted almonds, sliced
- 1 cup organic strawberries, sliced to look like hearts
- 1 whole cucumber, slices in the shape of hearts
- 1 avocado, diced (optional)

To make the salad:

Place lettuce and spinach in a medium salad bowl. Then cut the cucumber by removing a triangle from the top and cutting slightly down the sides to create a heart shape. Simply slice the shaped cucumber to create hearts, and then mix these into the lettuce. To cut the strawberries, just remove a small triangle from top (to cut away green top) and slice strawberries into heart shapes. Then sprinkle over the top in the listed order: sunflower seeds, sliced almonds, avocado, and finally strawberries.



Strawberry-Chia Dressing:

- ½ cup extra virgin olive oil
- 2 Tbsp. raw apple cider vinegar
- 2 Tbsp. fresh lemon juice
- ¼ cup honey or agave
- 1/2 tsp sea salt
- ½ tsp ground, dry, yellow mustard
- 1 tsp grated white onion
- 1 tsp chia seeds
- 1/2 cup organic strawberries

To make the dressing:

In a blender add olive oil, vinegar, lemon juice, honey, salt, mustard powder and onion. Blend on high-speed until smooth. Then, with the blender on the lowest setting, mix in chia seeds and strawberries and only chop them into small pieces within the dressing. (Do not puree strawberries). Serve on the side with the salad...Enjoy!

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