

Summer Salad

1 head romaine thinly chopped
½ C. chopped fresh broccoli
1 apple cored and chopped
1 carrot grated
1 lemon juiced
½ onion diced
1 C. raisins
1 C. walnuts
1 tsp. Fennel seeds (optional)

Prepare the individual ingredients and place in a large bowl. Mix well and serve or cover and refrigerate.

This salad can be eaten with or without salad dressing. Lightly adding some olive oil and apple cider vinegar and a pinch of Himalayan salt can be a nice addition. This salad is rich in nutrient and is satisfying to eat. Serves about 3-5 people. Delicious!

Recipe by Kelly Pomeroy