

Slim Down Salad

- *1 Hard boiled egg (chopped)*
- *1 Bunch fresh spinach (washed and broken)*
- *2 Mushrooms (sliced)*
- *1 Carrot (thinly sliced)*
- *3 Tbs. chopped beets*
- *1/4 Bell Pepper (thinly sliced)*
- *3 Romaine lettuce leaves*
- *1/2 Head red leaf lettuce (broken)*
- *2 Green onions (sliced)*

Dressing

- *1/4 cup light olive oil*
 - *1/2 tsp. Dijon mustard*
 - *1/4 cup water*
 - *1Tbs. vinegar (or to taste)*
 - *1 tsp. honey (optional)*
- A pinch of the following herbs: oregano, tarragon,*
- *basil, dill, fresh garlic, sea salt and pepper to taste.*



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