

The Super Superfood Salad

by Christine Wilson

In one bowl, prepare:

1 bunch of fresh kale finely chopped
1/2 head of Napa cabbage finely chopped
1 red onion, finely chopped
4 large carrots julienned or thickly grated

Then, add:

1 15 oz bag of cashews
1 10 oz bag of roasted sunflower seeds
1 6 oz bag of dried cranberries

And:

1 10 oz. bag of steamed edamame pods

Stir thoroughly.

Then, rinse, dry, and add:

1 pint of grape tomatoes
1 pint of dried blueberries

Gently stir your Super Superfood Salad.

Enjoy as a side to any of your favorite meals.

Enjoy as an entire entree.

Mix with warm quinoa or rice and serve.

Add as a topping to a mixed greens salad.

On top, I like Brianna's original vinaigrette,
oil and vinegar with salt and pepper,
or raspberry vinaigrette.

Cheering you on!

Christine

p.s. Now, you know it is possible to have great nutrition and a full life!
What else did you not think was possible? Give it some think-time, &
see what solutions you discover! Find or refresh your Think Time
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