



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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Royal Red Salad

Ingredients for the Red Salad:

- 16 oz Organic Baby Greens
- 1 bunch Beets (with greens if possible), *cooked and diced*
- 3 Tangerines, *peeled and separated*
- 2 Red Delicious (or other) Organic Apples, *diced*
- 1 cup Organic Dried Cranberries, *apple juice sweetened*
- ½ cup Mixture of Sesame Seeds, Chopped Walnuts, & Raw Sunflower Seeds

Ingredients for Royal Dressing (*optional*):

- 2 Tbsp Raspberry Vinegar *or* Apple Cider Vinegar
- 2 Tbsp Organic Sunflower Oil
- ½ tsp Celtic *or* Real Salt
- ¼ tsp Organic Cinnamon
- ¼ tsp Organic Maple Syrup



Instructions:

1. Wash and drain greens, beets, and apples.
2. Steam beet roots and cool.
3. Dice beetroots and apples. Peel the tangerines and divide into segments, removing any seeds.
4. In a large serving bowl, thoroughly toss together greens, diced beets, apples, cranberries, and tangerines.
5. Place in small serving bowls and garnish with mixture of sesame seeds, chopped walnuts, and sunflower seeds.
6. To serve with optional salad dressing, stir together oil, vinegar, salt, cinnamon, and syrup. Pour into a cruet or other serving vessel.