



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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Diced Kohlrabi Radish Salad

Ingredients:

- 1 large Kohlrabi, *peeled & diced*
- 1 large Cucumber, *peeled & diced*
- 3 med Red Radishes, *scrubbed & diced*
- 3 med Carrots, *scrubbed & diced*
- 5 small Sweet Peppers, various colors, *seeded & diced*

- ½ cup Fresh Peas
- ½ cup Sour Cream

- to taste* Spiced Salt, Ground Black Mustard

Instructions:

1. Scrub, Peel, Seed, and DICE main ingredients
2. Mix in a large bowl with Peas and Cream
3. Add seasonings to taste
4. Serve chilled or at room temperature