



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Hearty Bitters Salad

Use as many as possible of the following:

- Arugula
- Black Radish
- Burdock Root
- Celery and Celery Root
- Collard Greens
- Dandelion
- Endive
- Kale
- Mustard Greens
- Parsley
- Sesame Seeds
- Wild Lamb's Quarter



Image: www.emerils.com

1. Wash and dry all ingredients.
2. Chop greens to preferred mixture.
3. Steam until desired softness, or serve as fresh chilled greens with desired seasoning or toppings.

Note: *Many people in the Western world must intentionally strive to add bitter flavors to their diet. Red beets, cherries, red cabbage, and red grapes all make excellent healthful compliments to this bitter delight.*