



60 Days to Reclaim YOUR Health

BLENDED SALAD (OR SOUP) WITH A HINT OF CILANTRO

Ingredients

- 1 large tomato or 2 roma tomatoes
- 1/4 to 1/2 cucumber (with peeling if organic)
- 1/2 red bell pepper (keep other 1/2 for chopping)
- 2 large handfuls leafy greens of any kind
- Small handful (1/2 cup cilantro, packed in) stems and leaves
- 1/2 small avocado

Directions

1. Blend all ingredients in a blender (remember to keep other 1/2 of pepper for chopping).
2. Pour ingredients in a container and chop remaining 1/2 red pepper and stir in.

You can drink this nibbling on the red pepper or you can eat with a spoon.

No time to eat lunch? Perfect! A blended salad is faster to consume and will actually give you more nutrients than a regular salad.