



60 Days to Reclaim YOUR Health

CUCUMBER SALAD

From *Everyday Wholesome Eating In the Raw* by Kim Wilson

Ingredients

- 3 cucumbers, thinly sliced
- 2 Tbsp Vegenaïse
- 1 Tbsp lemon juice
- 1/2 tsp dill
- Pinch of sea salt
- 1/4 cup chives or diced red onion (optional)

Directions

1. Gently mix together all ingredients and allow to marinate at least one hour before serving.