



60 Days to Reclaim YOUR Health

RASPBERRY VINAIGRETTE

By Rhonda Malkmus

Ingredients

3/4 cup raspberries (fresh or frozen)
1/4 cup organic apple juice
1 Tbsp Dijon mustard (optional)

1/4 cup apple cider vinegar
2 Tbsp sweetener (raw unfiltered honey or agave nectar)
1/4 cup extra virgin olive oil

Salad:

spinach
handful of walnuts

mandarin oranges
onions, chopped or ringed

Top with Raspberry Vinaigrette

PESTO PASTA SALAD

From *Thank God for Raw* by Julie Wandling

Salad Ingredients

1 lb. whole-grain pasta, cooked and cooled
1 zucchini, chopped
black olives, cut in half
1/2 red pepper, sliced thin
1/2 red onion, ringed thin

1/2 head broccoli, chopped
1/2 large cucumber, peeled if not organic, chopped
cherry tomatoes, cut in half
1 carrot, shredded

Pesto Ingredients

1 cup fresh basil leaves
1/4 cup rice Parmesan cheese (optional)
1/4 cup water
1 clove garlic
1/4 tsp pepper or papaya seeds

1/2 cup fresh parsley
1/4 cup, olive oil
1/4 cup pine nuts or walnuts
1/2 tsp sea salt

Directions

1. Blend pesto in a blender or processor until creamy.
2. Toss salad with pesto.
3. Chill several hours, stirring often to blend flavors.



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FRESH HERBED SALAD

Inspired by Mary H. from the Carolina Vegans Potluck

Salad Ingredients

romaine and/or spring mix
cherry tomatoes cut in half
avocado, cubed
bok choy, cut fine
green peas, thawed from the frozen food section
spring onion
navy beans (use a little juice)
1 Tbsp minced fresh mint
3 Tbsp minced fresh basil
2-3 Tbsp dill (could use rosemary, thyme, oregano, lemon balm, etc)
1/2 cucumber sliced thin
1-2 Tbsp olive oil or Udo's Oil
sprinkle of sea salt and pepper (optional)

Directions

1. Add amount of each ingredient that suits your taste (add any assortment of vegetables that you enjoy or have on hand).
2. Between the oil and the bean juice with a few sprinkles of salt and pepper, you may not even need any dressing.