

Green Acre Scent

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Dandelion Spring Salad

Our diet has an important influence not only in our health, but also in the look of our skin. Eating a diet rich in healthy nutrients nourishes the skin making it to look healthier, younger and glowing.

Serves: 2

Ingredients

- ❖ Two handful of fresh harvested dandelions young leaves (harvest only from a synthetic-free fertilizer and pesticide-free yard)
- ❖ Two handful of organic spinach
- ❖ 2 spring organic green onions
- ❖ 4 organic radishes
- ❖ 6-8 leaves of lemon balm (organically grown)
- ❖ 1-2 tablespoons of organic lemon balm infused apple cider vinegar
- ❖ 1 -2 tablespoons of organic hot pepper infused extra virgin olive oil
- ❖ Pinch of salt and pepper
- ❖ Freshly harvested wild violets for topping (harvest only from a synthetic-free fertilizer yard)
- ❖ Parmesan for topping

Instructions

Wash and cut all leafy greens and radishes in desired size pieces.

Add salt, pepper, olive oil and apple cider vinegar. Toss well.

Top with wild violets and parmesan.

Serve immediately.

Enjoy the nutritious Dandelion Spring Salad.