

Recipe – Rainbow (ROYGBIV) Salad

Ingredients:

- 1 red pepper, diced small
- 3 carrots, shredded
- 2 oranges, peeled, seeded and diced
- 1 yellow pepper or one mango, diced small
- 3 cups greens, like spinach or romaine lettuce
- ¼ head red cabbage, shredded
- 6 TBS dried blueberries
- 1 box black berries, halved if large
- ½ cup roasted pumpkin seeds
- ¼ cup toasted sesame seeds

Dressing

- 2/3 cup olive oil
- juice of one lemon
- juice of ½ orange
- 2 TBS light vinegar
- 1 TBS toasted sesame oil
- 1 clove garlic
- ¼ tsp salt
- 5 drops stevia

Directions:

Combine salad ingredients in a large bowl.

Process dressing ingredients until creamy.

Combine salad and dressing just before serving.

Serves 8.

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