

Recipes For Healthy Living and more ...

The Blissful Mouthful Cookbook

My forthcoming cookbook, from which this recipe is taken, is intended to support my mission to help people age joyfully and purposefully.



Ten years in the making, this book was crucial to developing my health coaching program, Manage Your Waist With Taste™.

In wholeness,

Asha



Craving a healthy waistline?

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Enjoy making this easy salad and let me know how it turns out for you. The preparation method is on the next page ...

Like to suggest topics or ideas for my blog posts?

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Wishing you health and wholeness,

Love,

Asha

Green Apple Zucchini Salad

PREPARATION TIME: 15 MINUTES

If you are not a fan of raw cilantro leaves (like Julia Child), you can substitute Thai basil or mint leaves. Thai basil (has purple stems) will impart a stronger flavor on the salad. I have experimented with all three options (cilantro, Thai basil, and mint leaves) and my preference is cilantro leaves.

Ingredients:

- 1 medium carrot, scrubbed and diced**
- 1 small zucchini, diced**
- 3 Easter radish, grated**
- 3 sun dried tomatoes soaked in olive oil, diced**
- 2 cups baby spinach, rinsed and dried**
- 1 medium green apple, diced**

Ingredients for the dressing:

- ½ inch ginger peeled and made into a paste**
(use mortar and pestle or a small blender, like Rocket or Bullet, to make the paste)
- ¼ teaspoon red chili flakes (optional)**
- 1 tablespoon organic virgin coconut oil**
- Juice of 1 lime**
- Sea salt to taste**
- 1 tablespoon cilantro leaves, minced**
- 2 tablespoons raw sunflower seeds**

Preparation Method

1. Place all of the dressing ingredients (except for the sunflower seeds) in large salad bowl and blend well, with the help of a fork or whisk.
2. Add the diced and grated veggies, spinach, and the diced green apple into the dressing and toss well.
3. Cover and let sit in room temperature for 45 minutes to an hour.
4. Sprinkle the sunflower seeds, give it a good mix and serve.

Note: Making the ginger into a paste instead of grating helps the flavors integrate.

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