

# Zesty Alkaline salad

1 serving:

*\*To your liking*

- 2 Handfuls of Greens such as Arugula, spinach, kale, Swiss chard
- 1/3 chopped Cucumber
- 1 Kiwi
- 1 lime wedge
- Cranberries\*
- Pumpkin seeds\*
- Olives\*
- Cilantro\*
- Himalayan/sea salt\*



## -DIRECTIONS-

1. Chop cucumber and place in mixing bowl, sprinkle salt and squeeze lime, stir
2. Rinse greens and place in your salad bowl
3. Add kiwi, cranberries, pumpkin seeds and olives to salad bowl
4. Top with zesty cucumber dressing in salad bowl
5. Top with cilantro

Nourish and enjoy! 😊