

GORGEOUS GLOW SALAD

Ingredients

Serves 2

2 cups mixed greens or spinach, chopped
½ cup carrot, chopped
½ cup cucumber, chopped
1 cup artichokes (BPA free, canned in water)
1 avocado, cubed
¼ cup hemp seeds or seed of your choice
Handful parsley, chopped
Handful basil, chopped



Chop vegetables and mix in a large bowl. Top your salad with avocado and hemp seeds. Drizzle with dressing of choice.