

Spring Inspired Detox Salad

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

Salad

- 2-3 cups fresh spinach
- 1 radicchio, chopped
- 1 granny smith apple, chopped
- 3 carrots, chopped
- 3-4 radishes, thinly sliced
- 1/2 cup walnuts, chopped
- 3/4 cup navy beans or garbanzo beans, cooked
- 1 avocado, cubed
- 2 green onions, chopped
- 1/2 tsp sea salt

Dressing

- 1/2 cup extra-virgin olive oil
- 2 tsp apple cider vinegar
- 1 tbsp liquid honey, unpasteurized
- 1 garlic clove, minced

Instructions:

1. In a large bowl, combine all the salad ingredients and toss together excluding avocado.
2. Whisk together dressing ingredients in a small bowl. Give it a taste test. If you like it sweeter, add a touch more honey. If you like more vinegar, add a touch more ACV.
3. Toss dressing with salad and top with avocado.

Notes:

Serve 2 as a main or 4 as a side dish.