

# Alkaline Diet Recipe: Carrot Ginger Avocado Salad



Last time, I shared [the 4 pHood groups to alkaline health](#), which is perfect for anyone who is new to the alkaline lifestyle or wants a quick refresher course in what's most important.

Today, I've got a recipe for you that combines ingredients that share several of the pHood groups, so this is highly alkaline and a great way to get off your acid.

It's a delicious mix of ingredients in a dressing I know you'll love, so it makes a tasty dinner or enough for a few days' worth of lunches.

Give it a try and let me know what you think over [on Facebook](#).

## Carrot Ginger Avocado Salad

### SALAD INGREDIENTS [Serves 4]

- 1 head of romaine lettuce, chopped
- 1 Haas avocado, sliced or diced
- 1 red bell pepper, sliced or diced
- 1/2 red onion, chopped
- 1 tomato, diced, or 1/2 cup cherry tomatoes (halved)



### DRESSING INGREDIENTS

- 1/4 cup filtered water
- 2 tbsp. lemon, fresh squeezed
- 1 tbsp. extra virgin olive oil
- 1 tsp. tahini
- 1/2 tsp. toasted sesame oil
- 1 tbsp. of shoyu or wheat-free tamari, Braggs Liquid Aminos, or Coconut Aminos
- 1/2 cup carrots, chopped (you don't have to peel carrots – good to have the soil-born probiotics)
- 2 tbsp. ginger, chopped
- 1/4 tsp. Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
- 1 date
- Optional: 1 tsp. apple cider vinegar

## DIRECTIONS

Place all dressing ingredients in blender, and blend at high speed. In a mixing bowl, combine dressing with romaine lettuce, red onion, and red bell pepper, and mix well. Place in a serving bowl with sliced avocado on top, and enjoy!

Want more recipes like this one?

The [Get Off Your Acid 7-Day Alkaline Cleanse](#) is filled with ideas that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID! Plus, you'll receive 130+ of my best SUMMER alkaline recipes to look great and feel great in your summer garb!

