

Alkaline Diet Recipe: Creamy Herb Dressing With Fresh Greens



Although I eat a mostly plant-based diet, I don't describe myself as vegan or vegetarian. I'm an **conscious eater who focuses on mineral rich, alkalizing and energizing foods...**and I hope you are too.

Being an Alkalarian means eating good healthy fats, a few wild-caught proteins like fish, mostly veggies and low-sugar fruits, and all real, unprocessed food. If it can go bad and spoil, it's usually a food that you can out in your body.

That's what's going to keep you looking young and feeling healthy for decades to come. This recipe is a perfect example of the Alkalarian lifestyle.

It's delicious, entirely plant-based, full of vitamins and minerals, and it will make you feel fantastic instead of weighing you down and making you feel sluggish like most of the Standard American Diet (SAD).

It's a delicious salad with a homemade dressing that will rival any creamy, acidic dressing when it comes to taste. You're going to want to make a big batch of this to use for lunches and dinners all the time!

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

Creamy Herb Dressing With Fresh Greens

INGREDIENTS [Serves 2]

Dressing

- 1 cup filtered water
- 1 cup raw cashews
- 1/4 cup extra virgin olive oil
- 2 tbsp. lemon juice, fresh squeezed
- 1 tsp. sea salt (Celtic grey, Himalayan, or Redmond Real Salt)
- 1 large pitted date
- 1 tbsp. oregano, roughly chopped
- 1 tbsp. basil, roughly chopped
- 1 tbsp. sage, roughly chopped
- 1 tbsp. dill, roughly chopped

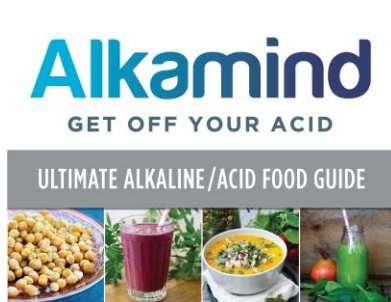


Salad

Bunch of spinach or Romaine lettuce
1 Hass avocado, sliced or diced
1 tomato, diced
1/2 red onion, sliced

DIRECTIONS

Put all dressing ingredients except the herbs in a blender and blend on high until completely smooth. Next, add the herbs and blend again. Season again with sea salt and black pepper if needed. Add to the salad ingredients in a mixing bowl and mix well. Serve and enjoy!



For more on which foods to avoid like your standard store-bought salad dressing and which to eat more of (like the ingredients in delicious salad and dressing), get your copy of [The Ultimate Alkaline/Acid Food Guide](#) now for easy, clear information about hundreds of foods!