

Radish and Carrot Ribbon Salad Recipe



You can't get a better sign that it's officially spring than this salad. In fact, this would make a great side dish for any spring brunches or celebrations.

But this salad isn't just seasonal, it's delicious and good for you too. It's highly alkaline, nutrient-dense, and contains a ton of quercetin, which will help you fight any spring allergies you might be suffering from right about now.

Salads like this one are easy to make, take very little time, and are loaded with chlorophyll and minerals, the most important nutrient for the body.

If you're craving sugar, you have mineral deficiency. If you have brain fog, you have a mineral deficiency! Add this salad, and watch your cravings dissipate.

[Stay tuned for my blog post on Thursday when I'll share alternatives to allergy medications that are just as effective without all of the side effects.]

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

RADISH AND CARROT RIBBON SALAD

Ingredients [Serves 4]

2 bunches radishes, thinly sliced
6 carrots, thinly sliced into ribbons (a vegetable peeler works great)
1 bulb fennel, thinly sliced
Small handful parsley, chopped

DRESSING

3 tbsp. apple cider vinegar, or fresh lemon juice
1 tbsp. lime juice, fresh squeezed
1/2 cup extra virgin olive oil
1 garlic clove, minced



Directions: Mix ingredients and toss with the salad dressing

Alkamind
GET OFF YOUR ACID

ULTIMATE ALKALINE/ACID FOOD GUIDE



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