

Alkamind

GET OFF YOUR ACID

The Best Warm Salads For Cold Weather



When the temps start to plummet, it can be easy to ditch your [healthy, fresh summer diet](#) for comfort foods. 'Tis the seasons for savory, hearty fare like potpies, casseroles and carb-filled side dishes, but these fall classics lack the nutrients to keep you energized all day (actually, they'll put you right to sleep!). When the weather gets cooler, warm up with these comforting alkaline salads instead.

Warm Asian Salad:

Create a bed of crispy kale and sliced raw almonds and top it with freshly toasted carrots to warm the entire plate. By mixing a quick dressing of olive oil, ginger, lime and chili powder, your warm salad will be acid-free, delicious and healthy.

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Autumn Twist on a Summer Salad:

Create a cold-weather version of a classic summer salad by sautéing spinach and mint and topping it with cool watermelon, an alkaline fruit. Toss a bit of olive oil on the top and serve fresh for a trans-seasonal treat.

The Non-Potato Salad:

Mix arugula and chopped onion with rosemary-thyme roasted new potatoes for a non-traditional potato salad. Herbs and olive oil make an easy and alkaline-approved dressing that won't overpower the base of this fall salad.

Autumn Squash Salad:

Combining three or more traditional fall vegetables onto a fresh spinach salad will make for a warm treat. Bake pumpkin, squash, sweet potato and carrots to add some color.

Greek Inspired Salad:

Skip the feta (read: acid nightmare) and fill your salad with flavorful red and yellow bell peppers (but stay clear of the green ones) and tomato instead. Top it off with warm roasted cucumber and zucchini for a Mediterranean flare that's fit for fall.

Roasted Broccoli Salad:

Fill your stomach with alkaline and nutrient-rich roasted cruciferous vegetables like broccoli and cauliflower, which have ample amounts of Vitamins A, C and K. Tossing them lightly with garlic powder, onion powder and pepper will add to the base, going wonderfully with julienned raw carrots on top.

Dress It Up:

Mix olive oil, ginger, raw nut butter (avoid the peanut butter, one of the most acidic foods on the planet) and herbs of your choice for versatile salad dressing options with any of these warm autumn options. For added protein and a boost of flavor, add steamed quinoa, chia seeds, flaxseed, cashews, pine nuts or hazelnuts.