

8 - Taste Salad

This sensational salad was introduced to us by Anna Searles of Dr. Singha's Therapeutics. Dr. Singha is a world renown Ayurvedic doctor.

Make this salad from any fresh, raw vegetables on hand. The idea is to blend vegetables with spices and raw unheated sea salt to create a delicious, easy-to-digest, bio-available, digestive-juice stimulating, mix of enzymes and minerals in a sense-provoking raw-food feast. To help you get started, the following organic vegetables are recommended. It takes practice to get just the right amount of sour, salt, pungency, sweet, bitter, etc. and it will be different each time you make it. The 8 - Taste Salad can vary in any way you choose. Trust your creative intuition, imagination, sense of smell and enjoy!



SALAD for 4

Romaine lettuce (tranquilizing)
Cucumber (alkalizing)
Carrots
Celery (alkalizing)
Onions
Tomatoes
Other green veggies
Fresh Sprouts (homegrown)

Chop these vegetables finely.
(cucumber & carrots can be grated)
Mix in a large salad bowl.

DRESSING/MARINADE

Garlic (finely chopped or grated)
Ginger Root (finely chopped or grated)
Hot peppers (e.g. Serrano 1, 2 or more, finely chopped)
Ground Cumin (1 teaspoon or more)
Curry Powder (1 teaspoon or more)
Black Peppercorns (fresh ground – ½ to 1 teaspoon or more)
Garam Masala (½ to 1 teaspoon)
Lemon Juice (fresh squeezed, or apple cider vinegar)
Use 1 whole lemon or equal quantity of apple cider vinegar
Raw honey or maple syrup to taste
Oil (fresh olive, hemp, sesame, walnut or flax oil)
Sea Salt (raw unheated)
Cilantro (1 bunch chopped)

Mix these ingredients together.
Add the dressing to the chopped vegetables and mix through.
Lastly, add 1 or 2 cups **Organic beans** (pinto, red, kidney, black, etc.)