



Recipes

Salads

Cabbage Salad

Prep and Cook Time: 15 minutes

Yield: 4 servings

Ingredients:

- 2 cups green cabbage, grated
- 1 cup red cabbage, grated
- 1 cup savoy cabbage, grated
- 1 carrot, peeled and grated
- 4 tablespoons Goji Berries
- 2 tablespoons raw pumpkin seeds
- 2 tablespoons raw sunflower seeds
- 1 tablespoon unhulled sesame seeds

Directions

1. Mix all salad ingredients together.