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**SKIN BEAUTY SALAD**

Here's another recipe from the FMTV 21 day program.  I double the amount of salad vegetables.  Especially the greens, I use one small clam shell of organic mixed greens. There's enough dressing for a really big salad like the one pictured below. There's plenty for two people or it's a great salad to take to a party.  If you are going to make one portion for yourself, store half the dressing in a sealable glass container and keep the avocado pit to place in the center of the dressing to stop the dressing from going brown.

**Ingredients
​**(use organic ingredients where possible)
​2 handfuls of bitter greens (arugula, dandelion and endive)
1 carrot, grated
1 cucumber, sliced
​1/4 red onion, finely diced - the original recipe calls for 1/2 a red onion which I find too much.  (And so does everyone I talk to after lunch!)
**Optional:** 1 radish

1 cup cooked chickpeas

**Dressing
​**1 lime, juiced
1 avocado - I use a big one.
​1 Tbs. apple cider vinegar - **Bragg's** is the best.
Pinch of cayenne pepper
​1 tsp. raw honey - **Fredrich's** is the best.
​1 handful fresh, soft herbs (works best with dill, cilantro or basil leaves)
​1/4 tsp. salt

**Method**

1. **​**To make the dressing, add to the blender lime juice, avocado, apple cider vinegar, cayenne pepper, honey, herbs and salt.
2. Blend until smooth, you may need to add a dash of water to facilitate blending.
3. Adjust seasoning to taste.
4. In a large bowl, arrange the leaves, cucumber, carrot, radish, chickpeas and onion.
5. Dollop dressing generously on your salad.  Mix through before eating.