



HealthMap
Gut Health Professionals



Best Salad Base

Use this salad base and build whatever you want.

Prep time: 15 mins

Feeds: Up to 6 people but can be kept for up to 5 days in the fridge in an airtight container

Cooking time: None (unless you use the roast pumpkin version)!

INGREDIENTS:

5 X CARROTS-GRATED

1-2 X STALKS OF CELERY SLICED

1 X LARGE HANDFUL OF SNOW PEAS-ENDS

REMOVED AND SLICED

**1 X LARGE HANDFUL OF KALE-CHOPPED AND CUT
OF THE LONG END STALK**

**1-3 X TABLESPOONS OF MIXED SEEDS (SUNFLOWER,
HEMP, PEPITAS ETC**

**1-2 X TABLESPOONS OF EXTRA VIRGIN OLIVE OIL
CRACKED PEPPER**

1 X SMALL RED ONION

**1 X LARGE CONTAINER TO THROW EVERYTHING
INTO**

METHOD:

**PUT ALL OF THE ABOVE INGREDIENTS INTO YOUR
CONTAINER, CLOSE THE LID AND SHAKE. DONE. I
USE A FOOD PROCESSOR TO CUT AND GRATE TO
SAVE TIME.**

**WHAT ELSE CAN YOU ADD TO THIS?
(SEPARATELY)**

- RED CABBAGE**
- DRIED CRANBERRIES AND ROASTED PUMPKIN**
- CAN OF 4 BEAN MIX AND SOME FRESH SPROUTS**
- GREEN BEANS (TO REPLACE THE SNOW PEAS) AND CUCUMBERS**
- APPLE AND PECAN NUTS**
- CREATE YOUR OWN TO SUIT YOUR TASTE**
- PINE NUTS, CAN OF 4 BEAN MIX AND SPINACH LEAVES (GIVES YOU ALL THE ESSENTIAL AMINO ACIDS IF YOU ARE A VEGETARIAN/VEGAN)**