

## *ALKALIZING CUCUMBER SALAD*

Serves 3 to 4

5 cucumbers, peeled and thinly sliced  
1 red onion, diced  
½ bunch fresh parsley, chopped  
½ bunch fresh mint, finely chopped

**Dressing:**

½ cup raw apple cider vinegar  
½ cup fresh lemon juice  
¼ cup olive oil (extra virgin, first cold pressed, and organic)  
¼ cup flax seed oil  
1 tablespoon Celtic sea salt  
5 cloves garlic, peeled

In a mixing bowl, combine all of the salad ingredients and mix well.

In a high-speed blender, combine the dressing ingredients and blend until smooth. Pour the dressing over the salad, mix well, and serve. You can also chill the salad for several hours or overnight.

Toss again before serving.