

SPROUTS SALAD

Serves 4

2 cups fresh sprouts (sunflowers, peas, and/or alfalfa)
1 cup carrots, grated
1 cup asparagus, sliced
½ cup walnuts, chopped
2 tablespoons olive oil (extra virgin, first cold pressed, and organic)
1 tablespoon raw apple cider vinegar or the juice of 1 lemon
Celtic sea salt and pepper to taste

In a large bowl, mix all the ingredients, allow sitting for 15 minutes and then serve.