



Daily Sprout Salad

Ingredients:



10 - 15 minutes

4 cups sunflower seed sprouts, chopped
1 - 2 cups pea shoot sprouts, chopped
1 - 2 tbsp. brown or green lentil sprouts
2 tbsp. mung bean sprouts
2 tbsp. (or more) fenugreek sprouts
2 tbsp. onion, minced
1/2 cup red pepper, chopped
3/4 cup cucumber, peeled, chopped and seeded
1/2 avocado, sliced (optional)

Directions

Combine all ingredients in a large bowl and toss with dressing.

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Sunflower — 3,000 years old and named after its golden rayed flower, which are reminiscent of the sun, it is a rich source of protein (up to 30%), lecithin, and Vitamin D (rarely found in vegetables). It is high in trace minerals which make it beneficial for bones, muscle and tissue tone and healthy red blood corpuscles.

Sweet Pea — It is rich in protease inhibitors that prevent certain viruses and chemicals that promote cancer, and it is useful in reducing LDL (bad cholesterol) in the blood.

Mung, Lentil. & Adzuki — They contain soluble fiber and help lower cholesterol by clearing out dangerous LDL cholesterol in the blood. They also help regulate insulin and thus blood sugar.

Fenugreek — Heartiest of sprouts, helps combat diabetes. It is soothing to mucous membranes which also is cleansing and nourishing to the digestive system, reduces inflammation and contains choline (a fat controller) which helps with weight loss.

Fennel - Substitute fennel - anti-oxidant, fiber and potassium can help reduce blood pressure and improve heart health, aids in digestion, anti inflammatory and it contains an oil called anethole that has been shown in some clinical studies to act as a natural cancer treatment, helping reduce the growth of breast cancer cells. Fennel also helps build red blood cells

Onions have many valuable medicinal applications because of the nutrients, vitamins, minerals, and organic compounds contained in them. These include the presence of sulfuric compounds and quercetin too. These vegetables also contain minerals such as calcium, magnesium, sodium, potassium, selenium, and phosphorus, and they are a good source of vitamin C, vitamin B6, and dietary fiber too. [3]

Red peppers are a powerful antioxidant that fights cell damage, boosts immune system response to microbes, and has an anti-inflammatory effect. Red peppers are rich in vitamin c,

Cucumber vitamin c high water content The lignans may help prevent osteoporosis, heart disease, and some cancers. antioxidants

Avocado is a superfood. This flavorful fruit provides health benefits, such as cholesterol and blood sugar management, because it is a good source of fiber. vitamins, minerals, and healthy fats

Sauerkraut or fermented red cabbage - probiotics for good gut health , high in vitamins, fiber

Turmeric -Curcumin has antioxidants and anti-inflammatory properties

Pinch of Cayenne - good for the blood, metabolism and it contains Capsaicin known to inhibit the growth of cancer cells; research suggests that the compound promotes apoptosis – the death of cancer cells.

Oregano - high anti cancer properties

Dulse flakes - mineral rich, in place of salt rich in iodine without the high sodium as in salt, digestible protein , iron, potassium, Vit B6, protein and fiber.

DRESSING

Flax Oil unsaturated fat high in omega 3s important contains lignans antioxidant and anti-inflammatory compounds.

Olive Oil anti cancer properties both oils need to be first cold pressed - heating degrades the oils and causes them to go rancid

Bragg's liquid aminos - non-fermented soy - essential amino acids, protein, flavor

Combining all of the components listed above make this the most nutritious way of eating on the planet. It provides our body with all essential amino acids, essential fatty acids, vitamins and minerals and more!