

# Blended Salad

Prep Time: 5 minutes

## Blended Salad Recipe:

1 tomato  
2 cups greens  
1 stalk celery  
1/2 cup broccoli  
1/4 cucumber  
1/4 bell pepper – not green  
1/2 avocado  
1/2 tsp herb seasoning

## Instructions:

Place all ingredients in blender and blend well. Dr. Idol says this is one of his favorite ways to eat a salad. He has a blended salad almost every day.

He states: "We can eat larger volumes of raw foods in less time, masticated much more efficiently, delivering much more nutritional value to the body with less energy expended digesting."

## Variations:

This sounds bad but it is really quite good and a very healthy way to break down the nutrients making ready for absorption.

Mix anything you want in with this. A little garbanzo beans with tahini makes for an amazing finish.

## Recipe Credit:

Dr. Olin Idol

We get our produce from:  [www.freggies.com](http://www.freggies.com)

For more information on eating and living healthy, visit: [www.hope4health.org](http://www.hope4health.org)