

Magic Detox Salad Recipe

Ingredients

- 2 cups Baby Spinach
- 1 cup Kale, chopped
- 1 Avocado, diced
- 1/2 cup Blueberries
- 1/4 cup Walnuts, crushed
- 1 Carrot, shredded
- 1/2 Beet, thinly sliced
- 2 tablespoons Chia Seeds
- Dressing: Juice of 1 lemon, 2 tablespoons olive oil, 1 teaspoon honey, Salt and pepper

How to Make It

1. Prep your greens and chop the kale.
2. Layer spinach and kale, then add avocado, blueberries, carrot, and beet.
3. Sprinkle with walnuts and chia seeds.
4. Whisk together lemon juice, olive oil, honey, salt, and pepper for the dressing.
5. Dress the salad and toss gently.
6. Serve and enjoy!