

Green Goddess Mother Salad Dressing

- 1 clove raw organic garlic
- Juice from 1 raw organic whole lemon
- 1 whole organic avocado
- Handful each of raw organic parsley & cilantro
- 1/4 cup Bragg's apple cider vinegar
- Pinch of himalayan sea salt and black pepper to taste

Blend on high adding filtered water if needed to get proper consistency. Pour 2 T. over 4 cups organic field greens blend. Add raw, freshly chopped and organic cucumber, zucchini, celery adding any other steamed veggies of choice if desired (I like to add steamed kale). Store remaining dressing for 2-3 days.

This energizing, refreshing meal is a quick and easy way to bring a high enzyme boost to lunch, dinner or both. The greens help flush out and prep your body for deep healing, the nutrient-rich avocado supports your heart, vision and detox pathways, cilantro for heavy metal cleansing and garlic for immune system support and tackles inflammation.

For more resources and tools, or to book a consultation visit my website at:

www.goddessmotherhealing.com.

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