

# Recipes

by  
Wellness Plus Members

## Sprouts – Red Cabbage Salad w/Avocado – Orange Sauce

### Ingredients

- Salad
  - 80 grams - raw mung bean sprouts
  - 40 grams - raw clover seed sprouts
  - 40 grams - raw alfalfa seed sprouts
  - 200 grams – raw red cabbage
- Sauce
  - 75 grams - raw avocado with peel (1/2 avocado)
  - 180 grams - raw orange (1 whole orange)
  - 3 Tbs raw parsley
  - 2/3 cup water
  - Optional: add herbs/spices of your choice.



### Instructions

1. Blend all sauce ingredients in high-intensity blender. (water amount may be adjusted to desired consistency)
2. Cut/shred salad ingredients in large mixing bowl.
3. Thoroughly blend sauce with salad ingredients.
4. Enjoy.

**Note:** Vegan Jim uses only organic ingredients.

**Source:** Jim's Real Food Kitchen.com