

## SPROUT SALAD WITH SEAWEED

Number of servings: 2

Total of 2-3 cups of the following:

clover sprouts

alfalfa sprouts

broccoli sprouts

radish sprouts

onion sprouts

Buckwheat sprouts

(or use any sprouts you have on hand)

### **Dressing:**

1 avocado,

1 tablespoon vinegar,

1 teaspoon olive oil,

1 tablespoon sweetener (agave or yucon)

### **Toppings:**

- ¼ cup **wild nori**. Blend into the dressing, as well as break up into bits in the salad

- OR you could use 2 Tablespoons *Ocean Harvest Sea Veggie Flakes* in the dressing and on top of the salad!

- a handful of macadamia nuts and brazil nuts ground up into small pieces

- 1 sliced avocado- the meat of 1 young coconut, sliced

- hot peppers (optional)