

A + A WELLNESS™ VITALITY SALAD RECIPES®



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A+A WELLNESS™
FITNESS. NUTRITION. LIFESTYLE

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BETA-CAROTENE CARROT, BUTTERNUT SQUASH & BEET SALAD

- 1/3 lb. fresh & organic carrots, grated
- 1/3 lb. fresh & organic beet root, grated
- 1/3 lb. fresh & organic butternut squash, grated
- 1/2 red onion, grated
- 1/2 cup raw pumpkin seeds
- 1 cup finely chopped fresh parsley
- 2 teaspoons Himalayan salt
- 1 tablespoon ground yellow mustard
- 1/2 cup 100% organic extra virgin, unrefined & cold pressed olive oil
- 2 Tbsp. raw apple cider vinegar
- 1/4 fresh squeezed lemon juice



Instructions: Place carrots and onion in a food processor and grate. Transfer mixture into a large mixing bowl, add the remaining ingredients, and mix to combine. For enhanced flavor, slightly chill before serving.



CAULIFLOWER-SLAW SALAD

- 1 lb. fresh organic cauliflower florets, finely shredded
- 1/2 red onion, finely shredded
- 1/4 cup raw apple cider vinegar
- 1/2 cup 100% organic extra virgin, unrefined & cold pressed olive oil
- 1/2 cup low-fat organic plain yogurt
- 2 teaspoons Himalayan salt, or to taste
- 1 teaspoon ground black pepper
- 2 teaspoons Hungarian paprika



Instructions: : Place cauliflower and onion in a food processor and shred finely. Transfer the shredded vegetables into a large mixing bowl and set aside. In a large measuring cup, combine the remaining ingredients and mix thoroughly. Pour mixture over the vegetables and mix to combine. For enhanced flavor, slightly chill before serving.



GREEN & RED CABBAGE SALAD

- 1/2 lb. organic green cabbage, finely shredded
- 1/2 lb. organic red cabbage, finely shredded
- 1 cup finely chopped fresh curly parsley
- 2 teaspoons Himalayan salt, or to taste
- 1 tablespoon Hungarian paprika
- 1/2 cup raw apple cider vinegar
- 1/2 cup 100% extra-virgin, first-cold pressed & unrefined olive oil
- 2 tbsp. raw sunflower seeds (optional)



Instructions: Place cabbage in a food processor and shred finely. Transfer shredded cabbage into a large mixing bowl, add the remaining ingredients, and mix to combine. For enhanced flavor, slightly chill before serving.



MIXED VEGETABLES SALAD

- 1/2 small red onion, cut in half and sliced very thin
- 1 medium organic bell pepper, cored, seeded and diced
- 1 medium organic cucumber, seeded and sliced thin
- 3 medium organic tomatoes, cut into bite-size chunks
- 1 cup finely chopped fresh parsley
- 1/4 cup raw hemp seeds
- 4 tablespoons 100% extra-virgin, first-cold pressed & unrefined olive oil
- 2 tablespoons raw apple cider vinegar, or to taste
- 1 teaspoon Himalayan salt, or to taste
- 2 oz. crumbled original Bulgarian feta cheese



Instructions: Place onion, bell peppers, cucumbers, tomatoes, parsley and sunflower seeds in a large mixing bowl and set aside. Combine olive oil, vinegar and salt in a measuring cup, and mix thoroughly. Pour mixture over the vegetables and toss to combine. Top evenly with grated or crumbled cheese and serve.



TOMATO SALAD

- 2 lb. organic ripened tomatoes, cut into bite-size chunks
- 1/2 small red onion, cut in half and sliced very thin
- 1 cup finely chopped fresh parsley
- 1/3 cup raw or toasted pumpkin seeds
- 1 cup finely chopped fresh basil leaves
- 2 teaspoons dried oregano
- 1/3 cup 100% extra-virgin, first-cold pressed & unrefined olive oil
- 2 tablespoons fresh squeezed lemon juice
- 1½ teaspoons Himalayan salt, or to taste
- 1/2 teaspoon ground cumin, or to taste
- 2-4 oz. crumbled original Bulgarian feta cheese to garnish



Instructions: Place tomatoes, onion, parsley, pumpkin seeds and basil/oregano in a large mixing bowl and set aside. Combine oil, lemon juice, salt and cumin in a measuring cup, and mix thoroughly. Pour mixture over the vegetables and toss till all is mixed well and saturated. Chill before serving to add extra flavor.



SWEET POTATO SALAD

- 2 lbs. sweet potatoes
- 1 small organic red onion, cut in half and sliced very thin
- 1 clove garlic, finely grated
- 1½ cups sliced Greek black olives
- 1 cup finely chopped fresh dill weed
- ½ teaspoon ground black pepper, or to taste
- ½ cup 100% extra-virgin, first-cold pressed & unrefined olive oil
- ¼ cup raw apple cider vinegar
- 3 tablespoons fresh squeezed lemon juice



Instructions: Wash potatoes and cut into 1/2-inch cubes leaving the skin on. Pour 2 inches of purified water in a 4-quart (3.8-liter) steamer pot, place over medium-high heat and bring water to a full boil. Place sweet potatoes in the steamer basket and steam covered for 12 minutes. To test for doneness, pierce potatoes with a fork prior to removing from the pot. Remove potatoes from the steamer pot and transfer into a large mixing bowl. Stir in the remaining ingredients and serve. Serve warmed, or chill if desired before serving.



RED CABBAGE AND CARROT SALAD

- 1 lb. red cabbage, finely shredded
- 2 medium carrots, finely shredded
- 1/2 small red onion, finely shredded
- 1/4 cup Greek black olives
- 1/2 cup raw sunflower and/or sesame seeds
- 2 teaspoons Himalayan salt, or to taste
- 1/2 cup raw apple cider vinegar
- 1/2 cup 100% extra-virgin, first-cold pressed & unrefined olive oil



Instructions: Place cabbage, carrots and onion in a food processor and shred finely. Transfer shredded vegetables into a large mixing bowl. Add Himalayan salt and mix well while pressing vegetables so some of the juice releases. Add the remaining ingredients, and mix well to combine. For enhanced flavor, slightly chill before serving.



BELL PEPPER SALAD

- 6 medium bell peppers, approximately 2.5 lbs. any color or in combination, cut in pieces
- 1/2 small red onion, minced
- 1 clove garlic, finely grated
- 1/2 cup sliced or chopped black olives
- 1/2 cup finely chopped fresh parsley
- 5 tablespoons 100% extra-virgin, first-cold pressed & unrefined olive oil
- 3 tablespoons raw apple cider vinegar
- 2 teaspoons sea salt, or to taste
- 2 teaspoons dried basil
- 1/2 teaspoon ground black pepper



Instructions: Place peppers in a large mixing bowl, add the rest of the ingredients and toss to combine. Chill before serving.



HEALTHY COLE SLAW

- 1 lb green cabbage, finely shredded
- 1 medium carrot, finely shredded
- 1/4 cup raw apple cider vinegar
- 1/4 cup 100% extra-virgin, first-cold pressed & unrefined olive oil
- 1 cup low-fat organic plain yogurt
- 2 tablespoons acacia
- 2 teaspoons Himalayan salt
- 2 teaspoons ground yellow mustard
- 1 teaspoon ground black pepper



Instructions: Place cabbage and carrot in a food processor and shred finely. Transfer the shredded vegetables into a large mixing bowl and set aside. In a large measuring cup, combine the remaining ingredients and mix thoroughly. Pour mixture over the vegetables and mix to combine. For enhanced flavor, slightly chill before serving.



CARROT SLAW SALAD

- 1 lb. organic carrots, grated
- 1/2 cup raw sunflower seeds
- 1/4 cup raw apple cider vinegar
- 1/4 cup 100% extra virgin, unrefined & first-cold pressed olive oil
- 1 cup organic low-fat plain yogurt
- 2 teaspoons Himalayan salt
- 2 teaspoons ground yellow mustard
- 1 teaspoon ground black pepper



Instructions: Place carrots in a food processor, and grate. Transfer grated carrots into a large mixing bowl and set aside. In a large measuring cup, combine the remaining ingredients and mix thoroughly. Pour mixture over the carrots and mix to combine. For enhanced flavor, slightly chill before serving.



BETAINE-BEET™ SALAD

- 1 lb. fresh & organic beet root
- 1/4 cup finely chopped organic parsley
- 1/4 cup fresh squeezed lemon juice
- 2 teaspoons Himalayan salt
- 1/3 cup 100% organic Extra Virgin, unrefined & first cold pressed olive oil
- 1 tbsp. Udo's Choice Oil Blend or 100% extra virgin, cold-pressed & unrefined flaxseed oil.



Instructions: Place carrots in a food processor, and grate. Transfer grated beets into a large mixing bowl and set aside. In a large measuring cup, combine the remaining ingredients and mix thoroughly. Pour mixture over the beet and mix to combine. Make sure that the beets are well soaked in liquid mixture. For enhanced flavor, slightly chill overnight before serving.



A+A POWERHOUSE SALAD®

- 2 cups spring mix greens
- 2 cups spinach
- 1/4 cup sliced red radish
- 1/4 cup sliced red, yellow & orange bell peppers
- 1 - 2 sliced avocados
- 1 ripe sliced tomato, or 1/4 cup sun dried tomato
- 1-2 cup broccoli, fenugreek & clover sprouts
- 1/4 cup raw walnuts
- 1/4 cup raw almonds
- 1/4 cup raw brazil nuts
- 1 tbsp. raw pumpkin seeds
- 1 tbsp. raw sunflower seeds
- 1 tbsp. raw hemp seeds
- 1 tbsp. raw sesame seeds
- 1/4 cup 100% extra virgin, first-cold pressed & unrefined olive oil
- 1/4 cup fresh squeezed lemon juice
- 1/4 cup Raw Apple Cider Vinegar
- 1/4 tbsp. Himalayan Salt



Instructions: Place all vegetables in a big salad bowl. Mix in the raw nuts & seeds. Make the dressing in a separate measuring cup by combining the olive oil, lemon juice, apple cider vinegar & Himalayan salt. Pour well over salad and mix thoroughly until it soaks vegetables completely. Enjoy! This is a big and very filling salad. If you want you can add pastured boiled eggs, grass-fed steak, or wild-caught salmon to it to make it even more nutritious and add complete protein to it.



NOTES

- Feel free to add any lean meat, poultry, eggs or seafood to any of the salads.
- Feel free to add any other vegetables, nuts or seeds to any of the salads.
- You can combine two or more salads together if you desire as well.
- Experiment and DO NOT forget to have fun!

*** If you are allergic to any of the foods/ingredients in any of the salads just omit them completely!*





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