

Watercress Avocado Salad

Watercress is a nutrient dense food with more iron than spinach, more calcium than milk, and more vitamin C than oranges. It has a spicy tang to it, much like arugula, and can be used in salads and soups. This easy-to-make salad combines slightly bitter watercress with the sweetness of apple and creaminess of avocado, giving it the perfect balance of deliciousness.

2 servings

3 cups organic watercress, soak in water for 10 minutes and rinse thoroughly

1 Granny Smith apple

1 avocado

1 Tb apple cider vinegar

1 Tb raw honey

1 Tb Dijon mustard

1 tsp wheat free tamari

Fresh pepper

Hemp seeds (optional)

- In a large bowl combine apple cider vinegar, honey, mustard and tamari, and mix well.
- Spin dry the washed watercress and trim it into large bite size pieces.
- Peel and grate the apple, using the big holes on a box grater.
- Add the apples to the bowl with the dressing, mix well.
- Add in the watercress and toss combine evenly.
- Cut the avocado into 1-inch pieces and fold gently into the salad.
- Top with fresh pepper.
- Sprinkle with hemp seeds for additional protein.