Salad With Parsley Kefir Vinaigrette

Equipment Needed

Knife
Cutting Board
Measuring Spoons
Measuring cup or jar for the salad dressing
Whisk

To Make The Recipe:

Parsley Kefir Vinaigrette

1 1/2 tbsp olive oil
1/4 cup milk kefir
1/4 tsp mustard powder or mustard
1 tbsp balsamic vinegar
1 small clove garlic, chopped
1 tsp raw honey
Sea salt and pepper to taste
2 tbsp fresh parsley

Green Salad:

4-6 cups romaine salad
2 cups baby greens or mescaline mix
1/2 cup slice English cucumbers
1-2 freshly grated carrots or cultured carrots
1 orange, peeled, pulled into wedges and chopped into pieces
1 inch raw milk, aged cheddar cheese

If making a meal with your salad, add one of the following:
2 wasa crackers , broken into pieces (or a cracker that your like)
1/2 cup cooked legumes or lentils
Homemade croutons: http://thedigestersdilemma.com/turnip-celery-soup-homemade-croutons/

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