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Energy Salad for a Healthy Thyroid

Ingredients:

- 1 bunch kale, either curly or tuscan, chopped*
- ¼ cup peeled carrot
- ½ to 1 tbsp kelp flakes
- 1 avocado cubed
- ¼ cup raisins or other dried fruit (optional)
- ¼ cup roasted sunflower or pumpkin seeds

Dressing:

- ¼ cup tahini (or ground sesame seeds)
- Juice of 1 ½ lemons
- 2 tsp raw honey
- 1 tsp sea salt
- ¼ cup water
- ¼ cup extra virgin olive oil

PREPARATION:

1. Mix the tahini, lemon, olive oil, honey, water and sea salt until blended. Pour the dressing over kale, kelp flakes, and carrots. Let sit at least one hour. Then add in the raisins, avocado, and sunflower seeds.
2. This can be made and refrigerated overnight. The kale will break down and become softer from the lemon juice the longer it marinates.

*Arugula or spring mix lettuce works nicely also in which case it would not need to marinate.

Recipe adapted from: *The Doctor Oz Show*