

Glorious Greek Salad



This is a recipe I always keep coming back to! It's a healthy and vegan Greek salad that tastes amazing! It's a perfect recipe to incorporate into your healing protocol, if you suffer from an autoimmune skin condition.

Servings: 1

Ingredients

12 cherry tomatoes
1/2 cucumber
1/2 red bell pepper
1/2 yellow bell pepper
1/2 red onion
1 avocado
10 olives
1 large handful spinach
1-2 tbsp lemon juice
1-2 tsp oregano
1-2 tsp thyme
sea salt
black pepper

Instructions

1. Rinse all vegetables. Divide the tomatoes into halves. Chop cucumber and bell peppers. Cut the red onion into thin slices. Dice the avocado and slice the olives into halves.
2. Put everything in a large salad bowl. Squeeze lemon juice over and season with oregano, thyme, sea salt and black pepper.
3. Make enough salad so that you feel satisfied afterwards.
4. Toss the salad and serve immediately.

This is the cleanest and most delicious Greek Salad! It is free from all no-foods, such as feta cheese and tofu.

Just make sure the olives are clean! The only ingredients should be; olives, water and salt.

Recipe inspired by Medical Medium.