

Integrative Health Institute

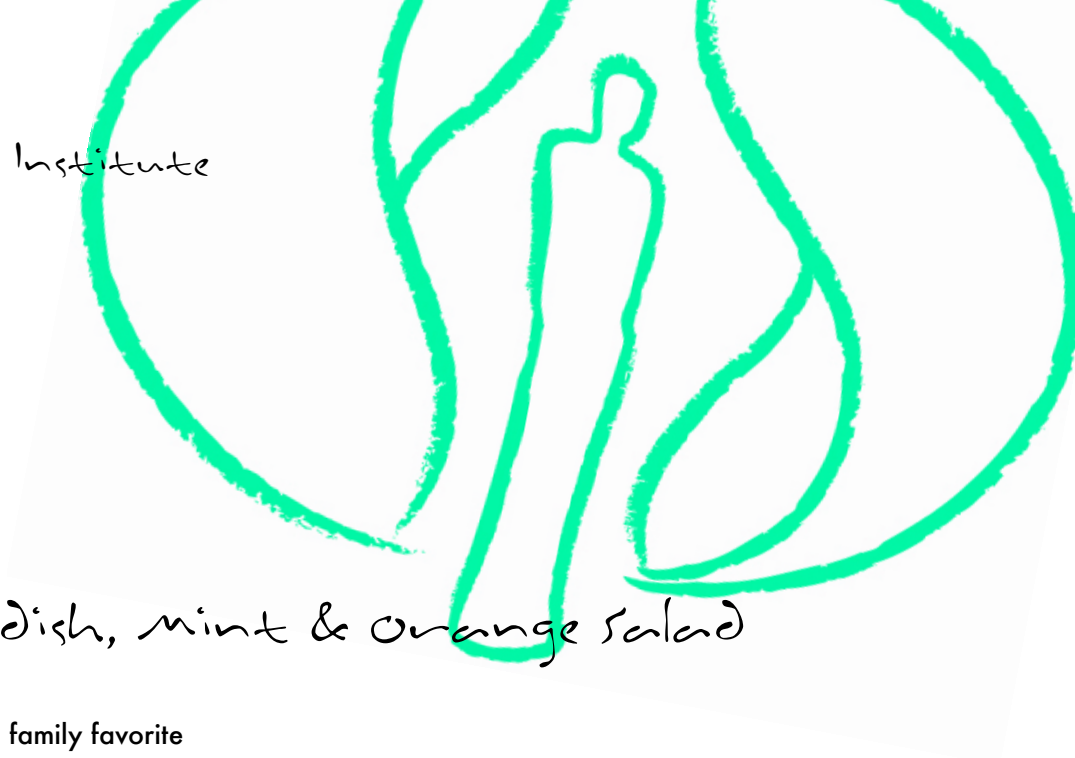
46 Sherbourne Street, 2nd Floor

Toronto, ON

M5A 2P7

416 260 6038

www.integrativehealthinstitute.ca



Refreshing Radish, Mint & Orange Salad

Created By: Heather's Kitchen - a family favorite

Ingredients:

- 3 Naval Oranges (Remove peel and pith and slice in wedges)
- 3 medium to large sweet carrots washed, peeled, and grated
- 10 Radishes washed and sliced
- 1 handful of fresh mint leaves washed, dried and coarsely chopped
- 1/2 tsp of cinnamon
- 1/2 tsp honey
- Juice of a lemon
- Salt to taste

Directions:

In a large bowl combine oranges, carrots, radish, mint, and cilantro. In a small dish mix cinnamon, honey, lemon, and salt. Add dressing to vegetables toss well and serve.

Special Notes: