

RECIPE



This Probiotic Caesar Salad is a delicious and nourishing take on the traditional Caesar, packed with gut-friendly ingredients that support digestion, immune health, and overall well-being. By incorporating apple cider vinegar, a natural probiotic, and nutritional yeast, rich in B vitamins and digestive enzymes, this recipe helps to balance gut flora while delivering bold flavors and creamy texture.

Probiotic Caesar Salad

Yield: Serves 3-4

Ingredients

For the salad

2 heads of romaine lettuce, washed and chopped

Optional for decoration: parmesan cheese, chopped walnut, gluten free croutons, or prosciutto

For the dressing

1 soft-boiled egg

1 medium garlic clove, peeled

3 anchovies or 1 tsp. anchovies paste

1 Tbsp. Dijon mustard

2 Tbsp. apple cider vinegar

2 Tbsp. extra-virgin olive oil

1 Tbsp. nutritional yeast

Yours to Artful Eating,

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¼ tsp. Salt

¼ tsp. green Tabasco sauce

Instructions:

Place the chopped lettuce in a bowl and set aside.

In a blender, combine all the dressing ingredients and blend until smooth.

Drizzle the dressing over the lettuce and toss to combine.

Divide the salad among individual serving dishes.

Decorate with your desired toppings.

Serve immediately.

Health Benefits of this Recipe:

- Supports Gut Health – Apple cider vinegar contains probiotics and acetic acid, which promote digestion and help maintain a balanced gut microbiome.
- Boosts Immunity – The combination of probiotics, garlic, and healthy fats strengthens the immune system and reduces inflammation.
- Hormone Balance & Brain Health – Healthy fats from extra-virgin olive oil and anchovies provide essential omega-3s, supporting brain function and hormone regulation.
- Rich in Nutrients – Nutritional yeast is packed with B vitamins, essential for energy production, metabolism, and nervous system function.
- Blood Sugar Friendly – This recipe contains no refined sugars, helping to maintain steady blood sugar levels.

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