

RECIPE



This crisp, cooling salad is the perfect harmony of sweet, tangy, and herbal flavors. Packed with fiber, antioxidants, and anti-inflammatory ingredients, it's ideal as a light lunch or a vibrant side dish to support digestion, hydration, and overall vitality.

Refreshing Apple-Cucumber Detox Salad

Ingredients

For the salad

- 1 cup organic shredded apple
- 1 cup organic shredded cucumber
- 1 cup organic shredded celery
- 3 Tbsp. organic sliced green onions
- 2 Tbsp. organic chopped fresh parsley
- 2 Tbsp. organic chopped fresh mint
- 2 Tbsp. chopped walnuts

For the dressing

- 4 oz goat yogurt
- Zest and juice of 1 large organic lemon
- 2 Tbsp. extra virgin olive oil
- ½ tsp. sea salt
- ¼ tsp. ground white pepper

Instructions:

In a large mixing bowl, combine shredded apple, cucumber, celery, green onions, parsley, and mint.

Yours to Artful Eating,

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In a separate small bowl, whisk together the goat yogurt, lemon zest and juice, olive oil, salt, and white pepper until smooth.

Pour the dressing over the salad ingredients and mix well until evenly coated.

Taste and adjust seasoning if needed.

Serve on individual plates and top with chopped walnuts for extra crunch and nourishment.

Health Benefits of This Recipe:

- Apple & Celery: High in soluble fiber, which supports gut health and helps balance blood sugar.
- Cucumber: Ultra-hydrating and rich in silica, great for skin and kidney function.
- Mint & Parsley: Digestive aids and powerful detoxifiers.
- Goat Yogurt: Easier to digest than cow's milk, rich in probiotics and calcium.
- Lemon & Olive Oil: Anti-inflammatory, alkalizing, and support liver detox.
- Walnuts: Provide healthy omega-3 fats to support brain and heart health.

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