



Salad with Nuts, Pear & Pomegranate

Detox your body everyday by eating 2 Brazil Nuts. They contain the extremely important nutrient SELENIUM, which is not found in abundance in other foods. Simply keep a small bowl of shelled Brazil nuts on your counter or add a few on top of your salad. 2 will supply a sufficient amount to support your liver's need for this nutrient; this will assist your body in processing and eliminating dangerous toxins – something we need to do every day. You can buy shelled nuts by the bag to make this easy.



Recipe

Favorite Dark Green Pre-Washed Salad Mix

Italian Dressing made with Olive Oil enhanced with 2 ounces of Pomegranate juice & 6 drops of Orange Essential Oil

(if you have a pre-made bottle of dressing, simply add the juice and orange oil to the bottle)

Brazil Nuts, shelled

Pomegranate Seeds

Pear cubes, preferably Bosc pear