

April Wellness Recipes

Quick Salmon Salad

Makes 2 servings

Ingredients:

- 5-6oz canned wild caught salmon, drained.
- 1/2 avocado
- 1 tablespoon dijon mustard
- 1 chopped celery stalk
- 1 tsp coconut vinegar or lemon juice
- Salt to taste

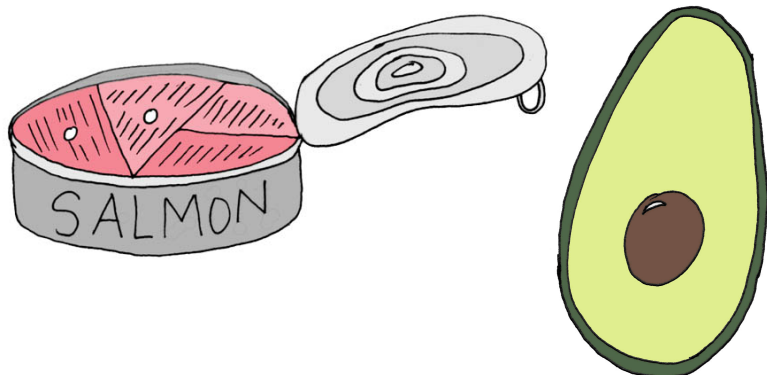
Optional:

- 1/2 tsp dried dill or 1 tsp fish dill, minced.
- 1/4 tsp kelp or dulse granules

Instructions:

- In a small bowl, combine all ingredients and mix well with a fork.
- Serve on a bed of greens, top of cucumber slices, enjoy with seed crackers or however you'd like!

Notes: This recipe is very versatile, so feel free to be creative or use what you have on hand!



Chocolate Power Smoothie

Makes 2 servings

Ingredients:

- 1 cup organic spinach or lightly steamed kale
- 1/2 cup roasted sweet potato
- 1/2 cup frozen blackberries
- 1/2 cup frozen blueberries
- 1/2 ripe banana
- 1/4 avocado
- 1 1/2 tbsp raw cacao powder
- 2 tbsp almond butter
- 1 cup almond milk

Optional:

- 1 tsp ashwaganda powder
- 1 scoop of your choice of protein powder.

Instructions:

- Place all ingredients in a high speed blender and blend for 1-2 min until mixture is completely liquified and smooth.

Top with your choice of toppings and enjoy!

Topping examples:

- toasted coconut
- cacao nibs
- hemp seeds

