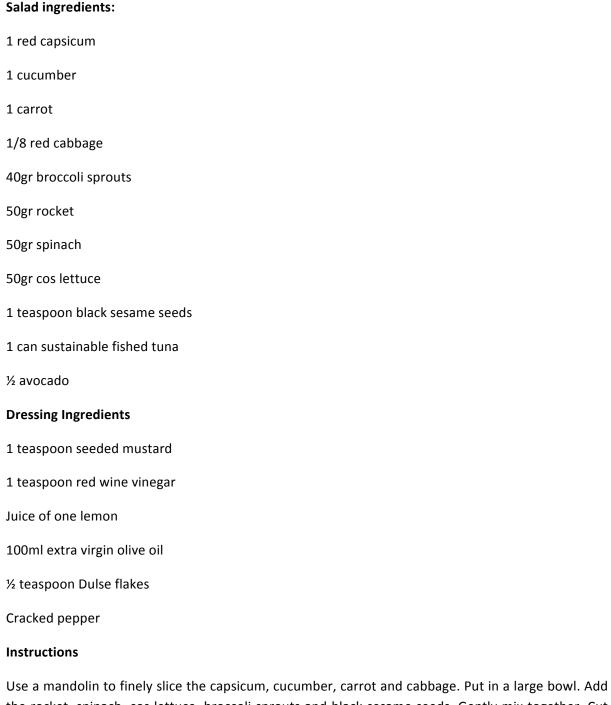
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Emma's Detoxification Salad

Use organic ingredients only, preferably home grown where possible!



Use a mandolin to finely slice the capsicum, cucumber, carrot and cabbage. Put in a large bowl. Add the rocket, spinach, cos lettuce, broccoli sprouts and black sesame seeds. Gently mix together. Cut avocado into slices and add to bowl. Drain tuna and add to bowl. Combine all dressing ingredients in a glass jar, shake vigorously and pour over salad. Mix dressing through the salad until all salad leaves have a shiny appearance. Fill a large salad bowl and enjoy, knowing that with every mouthful, you are providing the essential nutrients to enhance detoxification pathways.