

# RAW GREENS

by Hannah O'Malley



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Try experimenting with different vinegars as dressings. These tangy flavours can elevate raw greens to become the star of your dish!

*The most simple yet nutritious side dish possible.*

## Ingredients

- 4 cups raw greens, such as rocket (arugula), baby spinach or a mixture
- Dash of lemon juice or balsamic vinegar (or other vinegar of your choice)

Optional:

- 1 cup sliced raw vegetables, such as tomatoes, peppers, radishes and/or cucumber
- 1 tbsp sesame seeds or pumpkin seeds

## Directions

1. Wash greens thoroughly and place in a large bowl. Add optional sliced raw vegetables.
2. Drizzle a dash of vinegar over top and mix together. Top with a light sprinkle of sesame or pumpkin seeds if desired.

*Chef's tip: Dark leafy greens are more nutrient dense than standard iceberg lettuce.*

**PREP TIME: 2 MINS**

**TOTAL TIME: 2 MINS**

**SERVES: 4**

**Hannah** is a registered pharmacist and Certified Lifestyle Medicine Practitioner (ASLM) based in Nelson, Aotearoa. She is also the Events and Education Lead for Doctors For Nutrition. In addition to her pharmacy qualifications (BPharm, PG Cert Clinical Pharmacy), Hannah has certificates in plant-based nutrition and lifestyle medicine. She founded The Better Base in 2018.

