

## 10. Breakfast Salad

Recipe courtesy of Chef Mandy ([www.chefmandy.com](http://www.chefmandy.com))

Serves 8

### Ingredients:

- 2 green leaf lettuce leaves, shredded
- 1 carrot, shredded
- 1 stalk celery, diced
- 1 peach or persimmon, diced
- 2 bananas, sliced
- 4 small radishes, diced
- 1 avocado, diced
- 1 slice red cabbage, shredded
- 1 tomato, diced
- 1 plum or pear, diced
- ¼ cup raisins
- 8 dates, diced
- 1 apple, shredded
- ½ cup walnuts, chopped
- Psyllium seeds
- Oat Bran

### Directions:

1. Layer ingredients in listed order directly into individual bowls, or arrange salad to include all the ingredients for a colourful display in a large white serving bowl.
2. Sprinkle Psyllium seeds and Oat-bran over the individual salads, or have bowls of these available to self serve.