Published on *Happily Whole* (https://www.livinghappilywhole.com)

Pumpkin Seed, Avocado, Herb Salad

August 3, 2014, written by katie

I knew I had to save this one for my Members! It's something special in taste and nutrition.

This is one of those recipes that speaks for itself! I have been stuck on it for many lunches already and I love how it fills me up with nutritionally dense ingredients while providing a really awesome flavor combination. It's satisfying as a lunch yet light enough that I feel energetic after enjoying it.

I'd love for you to let me know what you think!

Recipe category

Midday Meals: Soups, Salads & Sides [1]

Restricted to members

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Ingredients

- 2 cups mixed greens. I use a spring mix and toss in a little more spinach
- ½ of an avocado cut into pieces
- 3 tablespoons raw, organic pumpkin seeds
- A few slices cucumber cut into small pieces
- Small handful fresh, organic cilantro (off the stalk)
- Small handful fresh, organic parsley (off the stalk)
- 1 tablespoon toasted pumpkin seed oil
- 1 to 2 teaspoons apple cider vinegar (to your taste preferences)
- 1 to 2 tablespoons nutritional yeast
- A shake or two of Pink Himalayan Salt

Recipe Instructions

- Toss the greens, avocado, cucumber, herbs together in a bowl
- Top with pumpkin seeds and nutritional yeast. Give the salad another toss.
- Drizzle the oil, vinegar and add a touch of salt. Give it one more tiny toss.
- Enjoy! (and yes, I consider this a salad for one!)

Featured Image



Gallery


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TRADER JOE'S
TOASTED PUMPKIN SEED OIL
8.45 FL OZ (250mL)
PATRICIA BRAGG
N.D., Ph.D.
Pioneer Health Crusader
Health Educator, Author
PAUL C. BRAGG
N.D., Ph.D.
Originator Health Stores
Life Extension Specialist
1912
BRAGG
2012
Celebrating 100 Years
Shaker Top
Sodium Free!
Premium
NUTRITIONAL YEAST SEASONING
Delicious flavor added to foods & recipes
NUTRITIOUS • GREAT TASTE • VEGETARIAN
GLUTEN-FREE • SALT-FREE • SUGAR-FREE
NET WT. 4.5 oz (127g)
Serving Health Worldwide Since 1912
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Recipe Description

> This is my favorite fall salad so far! I can't even begin to list all of the nutritional benefits but, believe me, it's packed! Pumpkin seeds for iron and protein, avocado for good fats, herbs for healing and immunity, mixed dark greens and even nutritional yeast for B vitamins. Nourishing and delicious...a perfectly palate pleasing salad!

Recipe Notes

Buy apple cider vinegar here. [2]

Buy nutritional yeast here. [3]

I prefer RAW pumpkin seeds every time. Buy them here [4].

Buy roasted pumpkin seed oil here [5].

Source URL: https://www.livinghappilywhole.com/content/pumpkin-seed-avocado-herb-salad

Links
[1] https://www.livinghappilywhole.com/recipe-category/midday-meals-soups-salads-sides
[2] http://www.amazon.com/gp/product/B001I7MVG0/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B001I7MVG0&linkCode=as2&tag=happwhol-20&linkId=3V62JJBNEGAYXVL2
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