

Super Simple Salad

Submitted by Michelle Broussard-Hanes

For times when you simply...can't be bothered to cook!

Ingredients:

Salad:

½ bag of Romaine Lettuce, chopped up with scissors
1 handful of RAW almond slices
1 handful of ripe, rinsed Cherry tomatoes
Trader Joe's Peppercorn Crackers (crumbled)

Dressing:

1 heaping TBSP Honey Dijon Mustard
1 heaping tsp Local Honey (Week's Honey sold at Publix or Kroger)
big drizzle of Balsamic Vinegar de Modena

Directions:

Stir dressing ingredients together. Drizzle over salad and then crumble the Trader Joe's Peppercorn Crackers over the salad like croutons. Enjoy!

The reason that fasting has an effect on the spirits of evil rests in its powerful effect on our own spirit. A body subdued by fasting brings the human spirit freedom, strength, sobriety, purity, and keen discernment.

St. Ignaty Brianchaninov