

# Tropical Salad Bowl

Meet us in our mental hammock between shady coconut trees with this loaded Tropical Salad Bowl.

Packed with seasonal, organic veggies and a tropical dressing twist, this colourful bowl supports gut health and boosts immunity. Our homemade dressing features mango, mint, and **CanPrev's Liposomal Quercetin** in delicious pineapple flavour. Quercetin repairs free radical damage, enhances immune function and provides allergy relief.

Your paradise awaits!



## Ingredients

### Salad bowl:

- 3 cups mixed greens
- 1 cup arugula
- ½ cucumber, cut into coins
- ½ cup pumpkin seeds
- ¼ cup sunflower seeds
- 3 radishes, cut into coins
- 2 on-the-vine cherry tomatoes, cut into coins

### Dressing:

- ¼ cup mango, chopped
- 2 tbsps extra virgin olive oil
- 1 tsp apple cider vinegar
- 1 tsp sea salt
- 4 mint leaves
- 1 lime, freshly squeezed
- 2 tbsps Liposomal Quercetin - Pineapple



**Servings**  
2



**Prep Time**  
15 mins

## Directions

- 1) Add prepared produce to a large salad bowl or to two medium-sized bowls. Set aside.
- 2) To a blender add all of the dressing ingredients Blend until creamy.
- 3) Drizzle dressing on the salad, mix and enjoy! Dressing lasts for 1 week in the fridge.

**Storage Instructions:** refrigerate the dressing in an airtight container for up to one week.



## Featured Products

Liposomal Quercetin –  
Pineapple



## Marilia Pereira

As a Holistic Nutritionist, Clinical Iridologist, and Culinary Nutrition Expert, Marilia helps clients achieve optimal health through meal plans, nutritional consultations, workshops, and seminars.