**Walnut and Cherry Tomato Salad**

Prep time: 10 min Cook time: 0 min

**Ingredients:**

* 10-12 cherry tomatoes cut in half
* 6 walnuts roughly chopped
* 2 tbsp yellow and red bell peppers chopped in small pieces.
* 1 tbsp virgin olive oil
* 1 tsp chia seeds
* 1 tsp roasted flax seed powder
* 1 tsp Lemon juice
* 1 tbsp Honey
* ½ tsp low sodium salt
* 2 tbsp chopped basil leaves

**Instructions:**

**Combine Ingredients:**

1. Add the cherry tomatoes, walnuts, and bell peppers to a bowl.
2. Add chia seeds, flaxseed powder, lemon juice, honey, salt, and basil leaves.

**Toss and Serve:**

1. Toss well and serve cold or at room temperature.