



Everything Herbal

by Cheryl Jabz

Peppermint Fat Burn Salad

— Fresh • Light • Crisp —

Peppermint Fat Burn Salad is a fresh, crunchy salad made with mixed greens, cucumber, tomato, avocado, and fresh peppermint leaves, finished with a light lemon juice and olive oil drizzle. It is refreshing, satisfying, and perfect when you want something light and nourishing.



INGREDIENTS

- ✦ Mixed greens
- ✦ Cucumber
- ✦ Tomato
- ✦ Avocado (small portion)
- ✦ Fresh peppermint leaves
- ✦ Lemon juice & olive oil drizzle

INSTRUCTIONS



Toss all ingredients together and serve chilled.

WHY IT HELPS



High fiber and healthy fats help keep you satisfied, while peppermint adds freshness and may support digestion.



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