

HIJIKI SEAWEED *Salad*

A CLASSIC JAPANESE HERBAL RECIPE

A nourishing Japanese seaweed salad made with hijiki, crisp vegetables, and a savory-sweet dressing. Light, flavorful, and packed with minerals for wellness and vitality.

INGREDIENTS

- 1 cup dried hijiki seaweed
- 3 cups water (for soaking)
- 1 cup carrot, julienned
- 1/2 cup edamame (shelled)
- 1/4 cup red bell pepper, thinly sliced
- 2 green onions, sliced
- 1 tbsp toasted sesame seeds (for garnish)

DRESSING:

- 2 tbsp soy sauce (or tamari)
- 1 tbsp rice vinegar
- 1 tbsp mirin
- 1 tsp sesame oil
- 1 tsp honey or maple syrup
- 1/2 tsp grated fresh ginger (optional)

Rich in
iodine, iron,
calcium &
antioxidants!

BENEFITS

- Hijiki is rich in iodine to support thyroid function.
- High in fiber for healthy digestion and detox support.
- Excellent source of plant-based iron and minerals.
- Supports healthy skin, hair, and strong bones.
- Low in calories and packed with antioxidants.

Psalm 104:14 (KJV)

„He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth.”



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