



EVERYTHING HERBAL

By *Cheryl Jabz*

NATURAL SOLUTIONS FOR
A HEALTHIER YOU



Cheryl's SALAD

INGREDIENTS

- 1 part fresh spinach
- 2 parts iceberg lettuce
- Walnuts (to taste)
- Fuji or Granny Smith apple slices
- Wish Bone Raspberry Vinaigrette (to taste)

Tip: Add just before serving for the freshest, crispest salad!

HERBS (FOR EXTRA FLAVOR)

- Fresh parsley – 1 tbsp, chopped
- Fresh basil – 1 tbsp, thinly sliced
- Fresh chives – 1 tbsp, chopped
- Optional: Fresh mint – 1 tsp, finely chopped (adds a refreshing twist)
- Black pepper – to taste

Herbs add flavor,
nutrition, and natural
goodness!



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Toss with
Wish Bone
Raspberry
Vinaigrette



In a large bowl, combine spinach and iceberg lettuce. Add walnuts and apple slices. Sprinkle with fresh herbs and black pepper. Drizzle with Wish Bone Raspberry Vinaigrette. Toss gently until well coated. Serve immediately and enjoy!

Herbs for the Body ♥ Peace for the Soul ♥ Live Naturally the Way God Intended

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