

Raw Veggie Press Salad

This makes the salad veggies more digestible while keeping the live enzymes ready to be a natural probiotic.

1/2 cup green cabbage, shredded

1/2 cup red cabbage, shredded

1 medium carrot, julienne

1 celery stalk, sliced thinly on the diagonal

1/2 small red onion, minced

1/2 teaspoon of sea salt

1 tablespoon of brown rice vinegar

1. Prepare each vegetable.
2. Place in a glass bowl, then toss.
3. Sprinkle salt and vinegar over veggies.
4. Press in a pickle press for an hour or do the following:

Put a plate that fits directly on top of the veggies in the bowl, then put a heavy weight on top of the plate so the veggies can begin to process as a natural probiotic.