

# The Symphony Salad

## Ingredients Required

- 1 Pack of Organic Mixed Greens Salad
- 1 Pack of Organic Peeled Carrots
- 1 Can of Ripe Pitted Olives
- 2 Cups of Organic Cashews
- 1 Pint of Goat Feta Cheese
- 1 Ripe Mini Watermelon
- 5 Tablespoons of Organic Coconut Oil
- 3 Tablespoons of Organic Honey

**Preparation:** Shred the carrots using the shredding blade with your food processor. Lay them aside and open the can of olives to have ready for when you build your scrumptious salad. Now, cut the watermelon in half and cut round discs approximately 1.5 inches in width for each piece. Cut each watermelon disc into eighths. Now slice along the rim of the rind of each piece leaving a triangle shape piece of watermelon. Lay these aside for now. Next, cut the strawberries in half and then cut thin slivers of each half so that you have heart shaped pieces approximately ¼ in. wide. Make sure to melt the coconut oil either by leaving it sit at room temperature (78 degrees or higher) for about an hour or by placing 4 to 5 tablespoons of the oil into small pot and heating at a low temperature for 1 minute.

Begin building your salad by taking 2 big handfuls of mixed greens and layering them evenly on the plate. Next, take 2 big handfuls of carrot shreds and layer them on top of the greens as to create a color contrast of green and orange. Now, take 2 handfuls of olives and layer them over the carrots in a design that is to your preference. Next, take 1 big handful of cashews and place them evenly over top the salad. Now, take a big handful of the feta cheese and crumble it over the top of the full salad. Now take your watermelon triangle pieces and place them on the edge of the plate in a circular design.

To complete this elegant salad, drizzle approximately 3 tablespoons of coconut oil over the top to fully cover the salad generously. Next, lightly drizzle raw honey over the top of the salad to create the most yumylicious salad to feast your taste buds on. **Happy Blissity!!!**

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Rino Soriano