

# Simple salad

Summer

I clean your blood and fight disease, make sure you cook with lots of these.



**Olly Onion**

I balance your body from head to toe, the greener I am the more you grow.



**Larry Lettuce**

I can help your eyes, see in dark night skies.



**Chris Carrot**

I'll help you fight coughs and sneezes, and other nasty diseases.



**Tommi Tomato**

Frozen fresh or on the cob, protecting your brain is my job.



**Cob Corn**

## What ingredients we are going to need

Lettuce, Cherry Tomatoes, Cucumber, Grated Carrot, Sweet Corn, Red Onion.

## It is so easy to do

Chop, peel, grate or slice your ingredients and place in a large bowl. Mix well and serve with your favourite dressing or simply with a dash of extra virgin olive oil.

## Why it is good for us

Lettuce and salad leaves help to keep your body's acid alkaline levels in balance. This is important because high acidity in your body could lead to you feeling unwell or getting ill. Lettuce can aid sleep and keep the blood clean, your mind alert and your body in good general health. Sweet Corn can help to protect your brain and help you to grow. It is good for your skin, bones and your heart and can help you to fight illness. Tomatoes are extremely rich in antioxidants as well as vitamin C and E making them good protectors of the cardiovascular system and against disease. They are low in sodium and high in potassium so they help in high blood pressure and fluid retention. Onions are an excellent decongestant and strong antibacterial and are helpful in the treatment of colds and chesty coughs. Carrots promote eye health and can boost the immune system to help to protect you against free radical damage, harmful bacteria and disease. Carrot juice can help you to super skin by promoting skin healing after infection or irritation. They can help to protect your heart, cleanse your body and help keep teeth and gums healthy. Cucumbers help to keep your body hydrated, aid digestion, stimulate your hair growth and can help your body eliminate toxins. They contain silica which promotes joint health by strengthening the connective tissues around your joints. Together, eating rainbows of fruits and vegetables are the best way for your body to receive a varied and balanced mix of the best nutrients possible.