

## Sweet Treat Salad Recipe:

# “Sunshine Garden Salad”



## Ingredients

- 1 cup chopped cucumber
- 1 cup cherry tomatoes (halved)
- ½ cup shredded carrot
- ¼ cup diced red bell pepper
- ¼ avocado, sliced
- 1 tbsp sunflower seeds or pumpkin seeds
- Optional: crumbled feta or goat cheese

## Dressing

### Quick Lemon-Herb Dressing

- 1 tbsp olive oil
- Juice of ½ lemon
- Pinch of salt & pepper
- Sprinkle of dried oregano or basil

## Directions

1. Combine all salad ingredients in a large bowl.
2. In a small jar or bowl, whisk dressing ingredients.
3. Drizzle over salad, toss, and enjoy fresh!
4. Coach Jo's Note: This salad is light yet grounding and is perfect for a mindful summer lunch while journaling or relaxing outdoors.

*xo, Coach Jo*