



Radish & Cucumber Salad

1 serving

15 minutes

Ingredients

15 grams Hemp Seeds
15 milliliters Hemp Oil
15 milliliters Apple Cider Vinegar
834 milligrams Fresh Dill (divided)
3/4 Cucumber (sliced)
58 grams Radishes (sliced)

Nutrition

Amount per serving	
Calories	255
Fat	22g
Saturated	2g
Carbs	12g
Fiber	3g
Sugar	5g
Protein	7g
Cholesterol	0mg
Sodium	29mg
Potassium	664mg
Vitamin A	307IU
Vitamin C	16mg
Calcium	64mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	38µg
Thiamine	0.3mg
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.2mg
Folate	48µg
Vitamin B12	0µg
Phosphorous	315mg

Directions

- 1 To make the dressing, add the hemp seeds, hemp oil, apple cider vinegar and half of the fresh dill into a food processor or blender and blend until smooth.
- 2 Add the sliced cucumber and radishes into a bowl and toss together with the dressing.
- 3 Top with the remaining dill and enjoy!

Notes

Leftovers: Best enjoyed the same day. For longer-lasting leftovers, refrigerate the vegetables separate from the dressing in airtight containers for up to two days.

More Fiber: Serve over a bed of spinach, arugula, or kale.

More Flavor: Add salt and pepper to the dressing.



Magnesium	141mg
Zinc	2mg
Selenium	1µg