



Tangy and Tart Salmon Salad

Serves 2]

INGREDIENTS

1 can of sustainably (wild) caught salmon, drained
½ celery, diced
¼ cucumber, diced
½ green apple, diced
1 tablespoon sunflower seeds (good for hormone balancing)
1 tablespoon olive oil
salt and pepper to taste
butter lettuce or other greens

Mix all the ingredients together and serve in a lettuce wrap or on a bed of greens. I will sometimes eat this with gluten free crackers or on a slice of gluten free bread.