

Nel's Mystical Fairy Vegan Salad Book

Moonlit Thicket Charm

Ingredients

- 4 cups Butter Lettuce
- 1 Zucchini, sliced
- 1 Blueberry, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Citrus Dressing

Directions

1. Wash and prepare all vegetables, fruits, and greens.
2. Combine greens, vegetables, and fruit in a large enchanted bowl.
3. Sprinkle with seeds and vegan cheese.
4. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Shimmering Grove Harvest

Ingredients

- 4 cups Swiss Chard
- 1 Tomato, sliced
- 1 Strawberry, chopped
- ¼ cup Almonds
- ¼ cup Tofu Crumbles
- 3 tbsp Balsamic Vinaigrette

Directions

5. Wash and prepare all vegetables, fruits, and greens.
6. Combine greens, vegetables, and fruit in a large enchanted bowl.
7. Sprinkle with seeds and vegan cheese.
8. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Velvet Sanctuary Bowl

Ingredients

- 4 cups Spinach
- 1 Cucumber, sliced

- 1 Apple, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Almond Ricotta
- 3 tbsp Herbed Olive Oil

Directions

9. Wash and prepare all vegetables, fruits, and greens.
10. Combine greens, vegetables, and fruit in a large enchanted bowl.
11. Sprinkle with seeds and vegan cheese.
12. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Secret Glade Harvest

Ingredients

- 4 cups Mixed Greens
- 1 Bell Pepper, sliced
- 1 Pear, chopped
- ¼ cup Pecans
- ¼ cup Almond Ricotta
- 3 tbsp Balsamic Vinaigrette

Directions

13. Wash and prepare all vegetables, fruits, and greens.
14. Combine greens, vegetables, and fruit in a large enchanted bowl.
15. Sprinkle with seeds and vegan cheese.
16. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Shimmering Woods Harvest

Ingredients

- 4 cups Mixed Greens
- 1 Carrot, sliced
- 1 Pomegranate, chopped
- ¼ cup Walnuts
- ¼ cup Almond Ricotta
- 3 tbsp Balsamic Vinaigrette

Directions

17. Wash and prepare all vegetables, fruits, and greens.
18. Combine greens, vegetables, and fruit in a large enchanted bowl.
19. Sprinkle with seeds and vegan cheese.

20. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Enchanted Woods Delight

Ingredients

- 4 cups Arugula
- 1 Radish, sliced
- 1 Pear, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Citrus Dressing

Directions

21. Wash and prepare all vegetables, fruits, and greens.
22. Combine greens, vegetables, and fruit in a large enchanted bowl.
23. Sprinkle with seeds and vegan cheese.
24. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Golden Orchard Medley

Ingredients

- 4 cups Mixed Greens
- 1 Bell Pepper, sliced
- 1 Pomegranate, chopped
- ¼ cup Walnuts
- ¼ cup Almond Ricotta
- 3 tbsp Maple Mustard Dressing

Directions

25. Wash and prepare all vegetables, fruits, and greens.
26. Combine greens, vegetables, and fruit in a large enchanted bowl.
27. Sprinkle with seeds and vegan cheese.
28. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Golden Cove Greens

Ingredients

- 4 cups Romaine
- 1 Beet, sliced
- 1 Pomegranate, chopped

- ¼ cup Pecans
- ¼ cup Tofu Crumbles
- 3 tbsp Maple Mustard Dressing

Directions

29. Wash and prepare all vegetables, fruits, and greens.
30. Combine greens, vegetables, and fruit in a large enchanted bowl.
31. Sprinkle with seeds and vegan cheese.
32. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Glowing Sanctuary Medley

Ingredients

- 4 cups Swiss Chard
- 1 Zucchini, sliced
- 1 Apple, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Herbed Olive Oil

Directions

33. Wash and prepare all vegetables, fruits, and greens.
34. Combine greens, vegetables, and fruit in a large enchanted bowl.
35. Sprinkle with seeds and vegan cheese.
36. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Ethereal Glade Greens

Ingredients

- 4 cups Arugula
- 1 Tomato, sliced
- 1 Apple, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Lemon Tahini Dressing

Directions

37. Wash and prepare all vegetables, fruits, and greens.
38. Combine greens, vegetables, and fruit in a large enchanted bowl.
39. Sprinkle with seeds and vegan cheese.
40. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Glowing Bower Blossom

Ingredients

- 4 cups Swiss Chard
- 1 Zucchini, sliced
- 1 Orange, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Almond Ricotta
- 3 tbsp Lemon Tahini Dressing

Directions

41. Wash and prepare all vegetables, fruits, and greens.
42. Combine greens, vegetables, and fruit in a large enchanted bowl.
43. Sprinkle with seeds and vegan cheese.
44. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Pearly Orchard Greens

Ingredients

- 4 cups Spinach
- 1 Cucumber, sliced
- 1 Strawberry, chopped
- ¼ cup Almonds
- ¼ cup Tofu Crumbles
- 3 tbsp Balsamic Vinaigrette

Directions

45. Wash and prepare all vegetables, fruits, and greens.
46. Combine greens, vegetables, and fruit in a large enchanted bowl.
47. Sprinkle with seeds and vegan cheese.
48. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Whispering Sanctuary Charm

Ingredients

- 4 cups Spinach
- 1 Cucumber, sliced
- 1 Strawberry, chopped
- ¼ cup Walnuts
- ¼ cup Almond Ricotta
- 3 tbsp Maple Mustard Dressing

Directions

49. Wash and prepare all vegetables, fruits, and greens.
50. Combine greens, vegetables, and fruit in a large enchanted bowl.
51. Sprinkle with seeds and vegan cheese.
52. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Whispering Nest Bowl**Ingredients**

- 4 cups Mixed Greens
- 1 Bell Pepper, sliced
- 1 Blueberry, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Almond Ricotta
- 3 tbsp Balsamic Vinaigrette

Directions

53. Wash and prepare all vegetables, fruits, and greens.
54. Combine greens, vegetables, and fruit in a large enchanted bowl.
55. Sprinkle with seeds and vegan cheese.
56. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Starlight Haven Bowl**Ingredients**

- 4 cups Romaine
- 1 Carrot, sliced
- 1 Orange, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Almond Ricotta
- 3 tbsp Herbed Olive Oil

Directions

57. Wash and prepare all vegetables, fruits, and greens.
58. Combine greens, vegetables, and fruit in a large enchanted bowl.
59. Sprinkle with seeds and vegan cheese.
60. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Secret Forest Medley

Ingredients

- 4 cups Swiss Chard
- 1 Cucumber, sliced
- 1 Strawberry, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Lemon Tahini Dressing

Directions

61. Wash and prepare all vegetables, fruits, and greens.
62. Combine greens, vegetables, and fruit in a large enchanted bowl.
63. Sprinkle with seeds and vegan cheese.
64. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Pearly Cove Greens

Ingredients

- 4 cups Spinach
- 1 Radish, sliced
- 1 Mango, chopped
- ¼ cup Almonds
- ¼ cup Tofu Crumbles
- 3 tbsp Maple Mustard Dressing

Directions

65. Wash and prepare all vegetables, fruits, and greens.
66. Combine greens, vegetables, and fruit in a large enchanted bowl.
67. Sprinkle with seeds and vegan cheese.
68. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Starlight Valley Charm

Ingredients

- 4 cups Swiss Chard
- 1 Tomato, sliced
- 1 Pear, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Balsamic Vinaigrette

Directions

69. Wash and prepare all vegetables, fruits, and greens.
70. Combine greens, vegetables, and fruit in a large enchanted bowl.
71. Sprinkle with seeds and vegan cheese.
72. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Mystic Sanctuary Bowl

Ingredients

- 4 cups Romaine
- 1 Beet, sliced
- 1 Strawberry, chopped
- ¼ cup Pecans
- ¼ cup Tofu Crumbles
- 3 tbsp Balsamic Vinaigrette

Directions

73. Wash and prepare all vegetables, fruits, and greens.
74. Combine greens, vegetables, and fruit in a large enchanted bowl.
75. Sprinkle with seeds and vegan cheese.
76. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Glowing Cove Harvest

Ingredients

- 4 cups Swiss Chard
- 1 Tomato, sliced
- 1 Strawberry, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Maple Mustard Dressing

Directions

77. Wash and prepare all vegetables, fruits, and greens.
78. Combine greens, vegetables, and fruit in a large enchanted bowl.
79. Sprinkle with seeds and vegan cheese.
80. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Sunbeam Glade Medley

Ingredients

- 4 cups Spinach
- 1 Tomato, sliced
- 1 Strawberry, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Almond Ricotta
- 3 tbsp Maple Mustard Dressing

Directions

81. Wash and prepare all vegetables, fruits, and greens.
82. Combine greens, vegetables, and fruit in a large enchanted bowl.
83. Sprinkle with seeds and vegan cheese.
84. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Radiant Glade Salad

Ingredients

- 4 cups Butter Lettuce
- 1 Zucchini, sliced
- 1 Blueberry, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Lemon Tahini Dressing

Directions

85. Wash and prepare all vegetables, fruits, and greens.
86. Combine greens, vegetables, and fruit in a large enchanted bowl.
87. Sprinkle with seeds and vegan cheese.
88. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Velvet Garden Medley

Ingredients

- 4 cups Romaine
- 1 Carrot, sliced
- 1 Apple, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Tofu Crumbles
- 3 tbsp Lemon Tahini Dressing

Directions

89. Wash and prepare all vegetables, fruits, and greens.
90. Combine greens, vegetables, and fruit in a large enchanted bowl.
91. Sprinkle with seeds and vegan cheese.
92. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Crystal Glade Bowl

Ingredients

- 4 cups Swiss Chard
- 1 Zucchini, sliced
- 1 Apple, chopped
- ¼ cup Pecans
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Herbed Olive Oil

Directions

93. Wash and prepare all vegetables, fruits, and greens.
94. Combine greens, vegetables, and fruit in a large enchanted bowl.
95. Sprinkle with seeds and vegan cheese.
96. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Starlight Thicket Bowl

Ingredients

- 4 cups Kale
- 1 Radish, sliced
- 1 Strawberry, chopped
- ¼ cup Almonds
- ¼ cup Cashew Feta
- 3 tbsp Balsamic Vinaigrette

Directions

97. Wash and prepare all vegetables, fruits, and greens.
98. Combine greens, vegetables, and fruit in a large enchanted bowl.
99. Sprinkle with seeds and vegan cheese.
100. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Radiant Valley Charm

Ingredients

- 4 cups Romaine
- 1 Cucumber, sliced
- 1 Pear, chopped
- ¼ cup Walnuts
- ¼ cup Vegan Blue Cheese
- 3 tbsp Balsamic Vinaigrette

Directions

101. Wash and prepare all vegetables, fruits, and greens.
102. Combine greens, vegetables, and fruit in a large enchanted bowl.
103. Sprinkle with seeds and vegan cheese.
104. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Enchanted Garden Bowl

Ingredients

- 4 cups Kale
- 1 Zucchini, sliced
- 1 Apple, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Maple Mustard Dressing

Directions

105. Wash and prepare all vegetables, fruits, and greens.
106. Combine greens, vegetables, and fruit in a large enchanted bowl.
107. Sprinkle with seeds and vegan cheese.
108. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Enchanted Valley Delight

Ingredients

- 4 cups Arugula
- 1 Tomato, sliced
- 1 Mango, chopped
- ¼ cup Pecans
- ¼ cup Tofu Crumbles
- 3 tbsp Balsamic Vinaigrette

Directions

109. Wash and prepare all vegetables, fruits, and greens.
110. Combine greens, vegetables, and fruit in a large enchanted bowl.
111. Sprinkle with seeds and vegan cheese.
112. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Twilight Orchard Charm

Ingredients

- 4 cups Swiss Chard
- 1 Tomato, sliced
- 1 Orange, chopped
- ¼ cup Almonds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Lemon Tahini Dressing

Directions

113. Wash and prepare all vegetables, fruits, and greens.
114. Combine greens, vegetables, and fruit in a large enchanted bowl.
115. Sprinkle with seeds and vegan cheese.
116. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Shimmering Brook Greens

Ingredients

- 4 cups Swiss Chard
- 1 Bell Pepper, sliced
- 1 Apple, chopped
- ¼ cup Almonds
- ¼ cup Tofu Crumbles
- 3 tbsp Citrus Dressing

Directions

117. Wash and prepare all vegetables, fruits, and greens.
118. Combine greens, vegetables, and fruit in a large enchanted bowl.
119. Sprinkle with seeds and vegan cheese.
120. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Shimmering Valley Harvest

Ingredients

- 4 cups Butter Lettuce
- 1 Cucumber, sliced
- 1 Orange, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Citrus Dressing

Directions

121. Wash and prepare all vegetables, fruits, and greens.
122. Combine greens, vegetables, and fruit in a large enchanted bowl.
123. Sprinkle with seeds and vegan cheese.
124. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Whispering Spring Blossom

Ingredients

- 4 cups Arugula
- 1 Carrot, sliced
- 1 Mango, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Cashew Feta
- 3 tbsp Lemon Tahini Dressing

Directions

125. Wash and prepare all vegetables, fruits, and greens.
126. Combine greens, vegetables, and fruit in a large enchanted bowl.
127. Sprinkle with seeds and vegan cheese.
128. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Starlight Forest Salad

Ingredients

- 4 cups Swiss Chard
- 1 Carrot, sliced
- 1 Apple, chopped
- ¼ cup Almonds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Lemon Tahini Dressing

Directions

129. Wash and prepare all vegetables, fruits, and greens.
130. Combine greens, vegetables, and fruit in a large enchanted bowl.
131. Sprinkle with seeds and vegan cheese.
132. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Shimmering Thicket Medley

Ingredients

- 4 cups Romaine
- 1 Bell Pepper, sliced
- 1 Strawberry, chopped
- ¼ cup Almonds
- ¼ cup Cashew Feta
- 3 tbsp Herbed Olive Oil

Directions

133. Wash and prepare all vegetables, fruits, and greens.
134. Combine greens, vegetables, and fruit in a large enchanted bowl.
135. Sprinkle with seeds and vegan cheese.
136. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Sunbeam Sanctuary Charm

Ingredients

- 4 cups Romaine
- 1 Radish, sliced
- 1 Apple, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Tofu Crumbles
- 3 tbsp Maple Mustard Dressing

Directions

137. Wash and prepare all vegetables, fruits, and greens.
138. Combine greens, vegetables, and fruit in a large enchanted bowl.
139. Sprinkle with seeds and vegan cheese.
140. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Crystal Valley Charm

Ingredients

- 4 cups Romaine
- 1 Beet, sliced
- 1 Mango, chopped
- ¼ cup Pecans
- ¼ cup Vegan Blue Cheese
- 3 tbsp Maple Mustard Dressing

Directions

141. Wash and prepare all vegetables, fruits, and greens.
142. Combine greens, vegetables, and fruit in a large enchanted bowl.
143. Sprinkle with seeds and vegan cheese.
144. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Pearly Meadow Delight

Ingredients

- 4 cups Mixed Greens
- 1 Carrot, sliced
- 1 Pear, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Tofu Crumbles
- 3 tbsp Citrus Dressing

Directions

145. Wash and prepare all vegetables, fruits, and greens.
146. Combine greens, vegetables, and fruit in a large enchanted bowl.
147. Sprinkle with seeds and vegan cheese.
148. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Glowing Valley Crunch

Ingredients

- 4 cups Kale
- 1 Radish, sliced
- 1 Blueberry, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Herbed Olive Oil

Directions

149. Wash and prepare all vegetables, fruits, and greens.
150. Combine greens, vegetables, and fruit in a large enchanted bowl.
151. Sprinkle with seeds and vegan cheese.
152. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Pearly Orchard Charm

Ingredients

- 4 cups Arugula
- 1 Tomato, sliced
- 1 Blueberry, chopped
- ¼ cup Almonds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Citrus Dressing

Directions

153. Wash and prepare all vegetables, fruits, and greens.
154. Combine greens, vegetables, and fruit in a large enchanted bowl.
155. Sprinkle with seeds and vegan cheese.
156. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Shimmering Cove Crunch

Ingredients

- 4 cups Kale
- 1 Zucchini, sliced
- 1 Pear, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Tofu Crumbles
- 3 tbsp Maple Mustard Dressing

Directions

157. Wash and prepare all vegetables, fruits, and greens.
158. Combine greens, vegetables, and fruit in a large enchanted bowl.
159. Sprinkle with seeds and vegan cheese.
160. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Mystic Nest Delight

Ingredients

- 4 cups Arugula
- 1 Zucchini, sliced
- 1 Blueberry, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Almond Ricotta
- 3 tbsp Maple Mustard Dressing

Directions

161. Wash and prepare all vegetables, fruits, and greens.
162. Combine greens, vegetables, and fruit in a large enchanted bowl.
163. Sprinkle with seeds and vegan cheese.
164. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Crystal Lagoon Bowl

Ingredients

- 4 cups Mixed Greens
- 1 Tomato, sliced
- 1 Blueberry, chopped
- ¼ cup Walnuts
- ¼ cup Tofu Crumbles
- 3 tbsp Maple Mustard Dressing

Directions

165. Wash and prepare all vegetables, fruits, and greens.
166. Combine greens, vegetables, and fruit in a large enchanted bowl.
167. Sprinkle with seeds and vegan cheese.
168. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Radiant Spring Medley

Ingredients

- 4 cups Swiss Chard
- 1 Beet, sliced
- 1 Strawberry, chopped
- ¼ cup Pecans
- ¼ cup Cashew Feta
- 3 tbsp Balsamic Vinaigrette

Directions

169. Wash and prepare all vegetables, fruits, and greens.
170. Combine greens, vegetables, and fruit in a large enchanted bowl.
171. Sprinkle with seeds and vegan cheese.
172. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Enchanted Cove Harvest

Ingredients

- 4 cups Swiss Chard
- 1 Carrot, sliced
- 1 Blueberry, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Lemon Tahini Dressing

Directions

173. Wash and prepare all vegetables, fruits, and greens.
174. Combine greens, vegetables, and fruit in a large enchanted bowl.
175. Sprinkle with seeds and vegan cheese.
176. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Mystic Valley Delight

Ingredients

- 4 cups Butter Lettuce
- 1 Bell Pepper, sliced
- 1 Strawberry, chopped
- ¼ cup Pecans
- ¼ cup Tofu Crumbles
- 3 tbsp Balsamic Vinaigrette

Directions

177. Wash and prepare all vegetables, fruits, and greens.
178. Combine greens, vegetables, and fruit in a large enchanted bowl.
179. Sprinkle with seeds and vegan cheese.
180. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Golden Glade Greens

Ingredients

- 4 cups Arugula
- 1 Radish, sliced
- 1 Pomegranate, chopped
- ¼ cup Walnuts
- ¼ cup Almond Ricotta
- 3 tbsp Balsamic Vinaigrette

Directions

181. Wash and prepare all vegetables, fruits, and greens.
182. Combine greens, vegetables, and fruit in a large enchanted bowl.
183. Sprinkle with seeds and vegan cheese.
184. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Glowing Forest Delight

Ingredients

- 4 cups Kale
- 1 Tomato, sliced
- 1 Pear, chopped
- ¼ cup Pecans
- ¼ cup Almond Ricotta
- 3 tbsp Herbed Olive Oil

Directions

185. Wash and prepare all vegetables, fruits, and greens.
186. Combine greens, vegetables, and fruit in a large enchanted bowl.
187. Sprinkle with seeds and vegan cheese.
188. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Shimmering Brook Medley

Ingredients

- 4 cups Butter Lettuce
- 1 Zucchini, sliced
- 1 Pomegranate, chopped
- ¼ cup Pecans
- ¼ cup Tofu Crumbles
- 3 tbsp Maple Mustard Dressing

Directions

189. Wash and prepare all vegetables, fruits, and greens.
190. Combine greens, vegetables, and fruit in a large enchanted bowl.
191. Sprinkle with seeds and vegan cheese.
192. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Luminous Orchard Charm

Ingredients

- 4 cups Mixed Greens
- 1 Carrot, sliced
- 1 Strawberry, chopped
- ¼ cup Almonds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Citrus Dressing

Directions

193. Wash and prepare all vegetables, fruits, and greens.
194. Combine greens, vegetables, and fruit in a large enchanted bowl.
195. Sprinkle with seeds and vegan cheese.
196. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Ethereal Woods Greens

Ingredients

- 4 cups Butter Lettuce
- 1 Zucchini, sliced
- 1 Orange, chopped
- ¼ cup Almonds
- ¼ cup Cashew Feta
- 3 tbsp Lemon Tahini Dressing

Directions

197. Wash and prepare all vegetables, fruits, and greens.
198. Combine greens, vegetables, and fruit in a large enchanted bowl.
199. Sprinkle with seeds and vegan cheese.
200. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Starlight Glade Medley

Ingredients

- 4 cups Arugula
- 1 Bell Pepper, sliced
- 1 Blueberry, chopped
- ¼ cup Pecans
- ¼ cup Almond Ricotta
- 3 tbsp Herbed Olive Oil

Directions

201. Wash and prepare all vegetables, fruits, and greens.
202. Combine greens, vegetables, and fruit in a large enchanted bowl.
203. Sprinkle with seeds and vegan cheese.
204. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Sunbeam Cove Medley

Ingredients

- 4 cups Romaine
- 1 Beet, sliced
- 1 Pomegranate, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Tofu Crumbles
- 3 tbsp Balsamic Vinaigrette

Directions

205. Wash and prepare all vegetables, fruits, and greens.
206. Combine greens, vegetables, and fruit in a large enchanted bowl.
207. Sprinkle with seeds and vegan cheese.
208. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Crystal Lagoon Delight

Ingredients

- 4 cups Spinach
- 1 Tomato, sliced
- 1 Strawberry, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Citrus Dressing

Directions

209. Wash and prepare all vegetables, fruits, and greens.
210. Combine greens, vegetables, and fruit in a large enchanted bowl.
211. Sprinkle with seeds and vegan cheese.
212. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Enchanted Brook Charm

Ingredients

- 4 cups Kale
- 1 Bell Pepper, sliced
- 1 Blueberry, chopped
- ¼ cup Pecans
- ¼ cup Cashew Feta
- 3 tbsp Maple Mustard Dressing

Directions

213. Wash and prepare all vegetables, fruits, and greens.
214. Combine greens, vegetables, and fruit in a large enchanted bowl.
215. Sprinkle with seeds and vegan cheese.
216. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Luminous Lagoon Harvest

Ingredients

- 4 cups Swiss Chard
- 1 Carrot, sliced
- 1 Pomegranate, chopped
- ¼ cup Almonds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Maple Mustard Dressing

Directions

217. Wash and prepare all vegetables, fruits, and greens.
218. Combine greens, vegetables, and fruit in a large enchanted bowl.
219. Sprinkle with seeds and vegan cheese.
220. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Dreamy Haven Salad

Ingredients

- 4 cups Spinach
- 1 Cucumber, sliced
- 1 Apple, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Lemon Tahini Dressing

Directions

221. Wash and prepare all vegetables, fruits, and greens.
222. Combine greens, vegetables, and fruit in a large enchanted bowl.
223. Sprinkle with seeds and vegan cheese.
224. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Starlight Bower Charm

Ingredients

- 4 cups Spinach
- 1 Tomato, sliced
- 1 Pomegranate, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Maple Mustard Dressing

Directions

225. Wash and prepare all vegetables, fruits, and greens.
226. Combine greens, vegetables, and fruit in a large enchanted bowl.
227. Sprinkle with seeds and vegan cheese.
228. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Golden Woods Charm

Ingredients

- 4 cups Butter Lettuce
- 1 Beet, sliced
- 1 Strawberry, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Lemon Tahini Dressing

Directions

229. Wash and prepare all vegetables, fruits, and greens.
230. Combine greens, vegetables, and fruit in a large enchanted bowl.
231. Sprinkle with seeds and vegan cheese.
232. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Enchanted Valley Medley

Ingredients

- 4 cups Swiss Chard
- 1 Zucchini, sliced
- 1 Pear, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Herbed Olive Oil

Directions

233. Wash and prepare all vegetables, fruits, and greens.
234. Combine greens, vegetables, and fruit in a large enchanted bowl.
235. Sprinkle with seeds and vegan cheese.
236. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Luminous Forest Harvest

Ingredients

- 4 cups Romaine
- 1 Zucchini, sliced
- 1 Pear, chopped
- ¼ cup Pecans
- ¼ cup Almond Ricotta
- 3 tbsp Lemon Tahini Dressing

Directions

237. Wash and prepare all vegetables, fruits, and greens.
238. Combine greens, vegetables, and fruit in a large enchanted bowl.
239. Sprinkle with seeds and vegan cheese.
240. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Golden Cove Medley

Ingredients

- 4 cups Butter Lettuce
- 1 Cucumber, sliced
- 1 Pomegranate, chopped
- ¼ cup Walnuts
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Balsamic Vinaigrette

Directions

241. Wash and prepare all vegetables, fruits, and greens.
242. Combine greens, vegetables, and fruit in a large enchanted bowl.
243. Sprinkle with seeds and vegan cheese.
244. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Golden Woods Charm

Ingredients

- 4 cups Swiss Chard
- 1 Zucchini, sliced
- 1 Mango, chopped
- ¼ cup Pecans
- ¼ cup Cashew Feta
- 3 tbsp Lemon Tahini Dressing

Directions

245. Wash and prepare all vegetables, fruits, and greens.
246. Combine greens, vegetables, and fruit in a large enchanted bowl.
247. Sprinkle with seeds and vegan cheese.
248. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Whispering Forest Blossom

Ingredients

- 4 cups Mixed Greens
- 1 Radish, sliced
- 1 Strawberry, chopped
- ¼ cup Walnuts
- ¼ cup Cashew Feta
- 3 tbsp Citrus Dressing

Directions

249. Wash and prepare all vegetables, fruits, and greens.
250. Combine greens, vegetables, and fruit in a large enchanted bowl.
251. Sprinkle with seeds and vegan cheese.
252. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Mystic Lagoon Harvest

Ingredients

- 4 cups Arugula
- 1 Carrot, sliced
- 1 Pear, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Tofu Crumbles
- 3 tbsp Herbed Olive Oil

Directions

253. Wash and prepare all vegetables, fruits, and greens.
254. Combine greens, vegetables, and fruit in a large enchanted bowl.
255. Sprinkle with seeds and vegan cheese.
256. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Radiant Grove Bowl

Ingredients

- 4 cups Spinach
- 1 Bell Pepper, sliced
- 1 Strawberry, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Lemon Tahini Dressing

Directions

257. Wash and prepare all vegetables, fruits, and greens.
258. Combine greens, vegetables, and fruit in a large enchanted bowl.
259. Sprinkle with seeds and vegan cheese.
260. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Ethereal Glade Delight

Ingredients

- 4 cups Spinach
- 1 Tomato, sliced
- 1 Apple, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Lemon Tahini Dressing

Directions

261. Wash and prepare all vegetables, fruits, and greens.
262. Combine greens, vegetables, and fruit in a large enchanted bowl.
263. Sprinkle with seeds and vegan cheese.
264. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Mystic Cove Bowl

Ingredients

- 4 cups Arugula
- 1 Carrot, sliced
- 1 Orange, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Lemon Tahini Dressing

Directions

265. Wash and prepare all vegetables, fruits, and greens.
266. Combine greens, vegetables, and fruit in a large enchanted bowl.
267. Sprinkle with seeds and vegan cheese.
268. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Pearly Haven Blossom

Ingredients

- 4 cups Swiss Chard
- 1 Bell Pepper, sliced
- 1 Blueberry, chopped
- ¼ cup Almonds
- ¼ cup Cashew Feta
- 3 tbsp Maple Mustard Dressing

Directions

269. Wash and prepare all vegetables, fruits, and greens.
270. Combine greens, vegetables, and fruit in a large enchanted bowl.
271. Sprinkle with seeds and vegan cheese.
272. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Crystal Sanctuary Bowl**Ingredients**

- 4 cups Mixed Greens
- 1 Cucumber, sliced
- 1 Pomegranate, chopped
- ¼ cup Walnuts
- ¼ cup Cashew Feta
- 3 tbsp Balsamic Vinaigrette

Directions

273. Wash and prepare all vegetables, fruits, and greens.
274. Combine greens, vegetables, and fruit in a large enchanted bowl.
275. Sprinkle with seeds and vegan cheese.
276. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Dreamy Valley Blossom**Ingredients**

- 4 cups Romaine
- 1 Radish, sliced
- 1 Blueberry, chopped
- ¼ cup Walnuts
- ¼ cup Cashew Feta
- 3 tbsp Citrus Dressing

Directions

277. Wash and prepare all vegetables, fruits, and greens.
278. Combine greens, vegetables, and fruit in a large enchanted bowl.
279. Sprinkle with seeds and vegan cheese.
280. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Twilight Cove Greens

Ingredients

- 4 cups Kale
- 1 Radish, sliced
- 1 Blueberry, chopped
- ¼ cup Pecans
- ¼ cup Cashew Feta
- 3 tbsp Citrus Dressing

Directions

281. Wash and prepare all vegetables, fruits, and greens.
282. Combine greens, vegetables, and fruit in a large enchanted bowl.
283. Sprinkle with seeds and vegan cheese.
284. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Enchanted Hollow Delight

Ingredients

- 4 cups Butter Lettuce
- 1 Cucumber, sliced
- 1 Orange, chopped
- ¼ cup Pecans
- ¼ cup Almond Ricotta
- 3 tbsp Maple Mustard Dressing

Directions

285. Wash and prepare all vegetables, fruits, and greens.
286. Combine greens, vegetables, and fruit in a large enchanted bowl.
287. Sprinkle with seeds and vegan cheese.
288. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Shimmering Hollow Blossom

Ingredients

- 4 cups Kale
- 1 Bell Pepper, sliced
- 1 Blueberry, chopped
- ¼ cup Almonds
- ¼ cup Almond Ricotta
- 3 tbsp Balsamic Vinaigrette

Directions

289. Wash and prepare all vegetables, fruits, and greens.
290. Combine greens, vegetables, and fruit in a large enchanted bowl.
291. Sprinkle with seeds and vegan cheese.
292. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Starlight Woods Salad**Ingredients**

- 4 cups Romaine
- 1 Carrot, sliced
- 1 Apple, chopped
- ¼ cup Almonds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Citrus Dressing

Directions

293. Wash and prepare all vegetables, fruits, and greens.
294. Combine greens, vegetables, and fruit in a large enchanted bowl.
295. Sprinkle with seeds and vegan cheese.
296. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Glowing Lagoon Charm**Ingredients**

- 4 cups Romaine
- 1 Cucumber, sliced
- 1 Pomegranate, chopped
- ¼ cup Pecans
- ¼ cup Vegan Blue Cheese
- 3 tbsp Maple Mustard Dressing

Directions

297. Wash and prepare all vegetables, fruits, and greens.
298. Combine greens, vegetables, and fruit in a large enchanted bowl.
299. Sprinkle with seeds and vegan cheese.
300. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Moonlit Garden Salad

Ingredients

- 4 cups Mixed Greens
- 1 Carrot, sliced
- 1 Mango, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Almond Ricotta
- 3 tbsp Lemon Tahini Dressing

Directions

301. Wash and prepare all vegetables, fruits, and greens.
302. Combine greens, vegetables, and fruit in a large enchanted bowl.
303. Sprinkle with seeds and vegan cheese.
304. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Glowing Haven Blossom

Ingredients

- 4 cups Mixed Greens
- 1 Carrot, sliced
- 1 Strawberry, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Cashew Feta
- 3 tbsp Herbed Olive Oil

Directions

305. Wash and prepare all vegetables, fruits, and greens.
306. Combine greens, vegetables, and fruit in a large enchanted bowl.
307. Sprinkle with seeds and vegan cheese.
308. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Glowing Sanctuary Greens

Ingredients

- 4 cups Mixed Greens
- 1 Bell Pepper, sliced
- 1 Pomegranate, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Maple Mustard Dressing

Directions

309. Wash and prepare all vegetables, fruits, and greens.
310. Combine greens, vegetables, and fruit in a large enchanted bowl.
311. Sprinkle with seeds and vegan cheese.
312. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Glowing Meadow Bowl

Ingredients

- 4 cups Spinach
- 1 Zucchini, sliced
- 1 Mango, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Herbed Olive Oil

Directions

313. Wash and prepare all vegetables, fruits, and greens.
314. Combine greens, vegetables, and fruit in a large enchanted bowl.
315. Sprinkle with seeds and vegan cheese.
316. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Ethereal Cove Salad

Ingredients

- 4 cups Arugula
- 1 Bell Pepper, sliced
- 1 Apple, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Balsamic Vinaigrette

Directions

317. Wash and prepare all vegetables, fruits, and greens.
318. Combine greens, vegetables, and fruit in a large enchanted bowl.
319. Sprinkle with seeds and vegan cheese.
320. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Dreamy Lagoon Harvest

Ingredients

- 4 cups Spinach
- 1 Radish, sliced
- 1 Orange, chopped
- ¼ cup Pecans
- ¼ cup Almond Ricotta
- 3 tbsp Lemon Tahini Dressing

Directions

321. Wash and prepare all vegetables, fruits, and greens.
322. Combine greens, vegetables, and fruit in a large enchanted bowl.
323. Sprinkle with seeds and vegan cheese.
324. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Radiant Glade Crunch

Ingredients

- 4 cups Butter Lettuce
- 1 Cucumber, sliced
- 1 Pear, chopped
- ¼ cup Pecans
- ¼ cup Vegan Blue Cheese
- 3 tbsp Citrus Dressing

Directions

325. Wash and prepare all vegetables, fruits, and greens.
326. Combine greens, vegetables, and fruit in a large enchanted bowl.
327. Sprinkle with seeds and vegan cheese.
328. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Radiant Nest Blossom

Ingredients

- 4 cups Swiss Chard
- 1 Tomato, sliced
- 1 Mango, chopped
- ¼ cup Walnuts
- ¼ cup Cashew Feta
- 3 tbsp Herbed Olive Oil

Directions

329. Wash and prepare all vegetables, fruits, and greens.
330. Combine greens, vegetables, and fruit in a large enchanted bowl.
331. Sprinkle with seeds and vegan cheese.
332. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Pearly Spring Medley

Ingredients

- 4 cups Spinach
- 1 Carrot, sliced
- 1 Pear, chopped
- ¼ cup Pecans
- ¼ cup Almond Ricotta
- 3 tbsp Citrus Dressing

Directions

333. Wash and prepare all vegetables, fruits, and greens.
334. Combine greens, vegetables, and fruit in a large enchanted bowl.
335. Sprinkle with seeds and vegan cheese.
336. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Shimmering Bower Greens

Ingredients

- 4 cups Mixed Greens
- 1 Carrot, sliced
- 1 Mango, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Cashew Feta
- 3 tbsp Balsamic Vinaigrette

Directions

337. Wash and prepare all vegetables, fruits, and greens.
338. Combine greens, vegetables, and fruit in a large enchanted bowl.
339. Sprinkle with seeds and vegan cheese.
340. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Twilight Cove Crunch

Ingredients

- 4 cups Spinach
- 1 Cucumber, sliced
- 1 Apple, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Cashew Feta
- 3 tbsp Citrus Dressing

Directions

341. Wash and prepare all vegetables, fruits, and greens.
342. Combine greens, vegetables, and fruit in a large enchanted bowl.
343. Sprinkle with seeds and vegan cheese.
344. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Whispering Sanctuary Greens

Ingredients

- 4 cups Butter Lettuce
- 1 Radish, sliced
- 1 Orange, chopped
- ¼ cup Walnuts
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Citrus Dressing

Directions

345. Wash and prepare all vegetables, fruits, and greens.
346. Combine greens, vegetables, and fruit in a large enchanted bowl.
347. Sprinkle with seeds and vegan cheese.
348. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Moonlit Woods Harvest

Ingredients

- 4 cups Mixed Greens
- 1 Carrot, sliced
- 1 Pomegranate, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Vegan Blue Cheese
- 3 tbsp Maple Mustard Dressing

Directions

349. Wash and prepare all vegetables, fruits, and greens.
350. Combine greens, vegetables, and fruit in a large enchanted bowl.
351. Sprinkle with seeds and vegan cheese.
352. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Crystal Bower Blossom

Ingredients

- 4 cups Swiss Chard
- 1 Beet, sliced
- 1 Orange, chopped
- ¼ cup Walnuts
- ¼ cup Vegan Blue Cheese
- 3 tbsp Balsamic Vinaigrette

Directions

353. Wash and prepare all vegetables, fruits, and greens.
354. Combine greens, vegetables, and fruit in a large enchanted bowl.
355. Sprinkle with seeds and vegan cheese.
356. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Starlight Thicket Delight

Ingredients

- 4 cups Romaine
- 1 Bell Pepper, sliced
- 1 Blueberry, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Tofu Crumbles
- 3 tbsp Citrus Dressing

Directions

357. Wash and prepare all vegetables, fruits, and greens.
358. Combine greens, vegetables, and fruit in a large enchanted bowl.
359. Sprinkle with seeds and vegan cheese.
360. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Secret Thicket Greens

Ingredients

- 4 cups Kale
- 1 Zucchini, sliced
- 1 Apple, chopped
- ¼ cup Pecans
- ¼ cup Tofu Crumbles
- 3 tbsp Herbed Olive Oil

Directions

361. Wash and prepare all vegetables, fruits, and greens.
362. Combine greens, vegetables, and fruit in a large enchanted bowl.
363. Sprinkle with seeds and vegan cheese.
364. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Glowing Lagoon Charm

Ingredients

- 4 cups Arugula
- 1 Cucumber, sliced
- 1 Mango, chopped
- ¼ cup Almonds
- ¼ cup Cashew Feta
- 3 tbsp Citrus Dressing

Directions

365. Wash and prepare all vegetables, fruits, and greens.
366. Combine greens, vegetables, and fruit in a large enchanted bowl.
367. Sprinkle with seeds and vegan cheese.
368. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Crystal Lagoon Medley

Ingredients

- 4 cups Romaine
- 1 Zucchini, sliced
- 1 Apple, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Cashew Feta
- 3 tbsp Citrus Dressing

Directions

369. Wash and prepare all vegetables, fruits, and greens.
370. Combine greens, vegetables, and fruit in a large enchanted bowl.
371. Sprinkle with seeds and vegan cheese.
372. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Velvet Hollow Charm

Ingredients

- 4 cups Mixed Greens
- 1 Bell Pepper, sliced
- 1 Apple, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Nutritional Yeast Sprinkle
- 3 tbsp Citrus Dressing

Directions

373. Wash and prepare all vegetables, fruits, and greens.
374. Combine greens, vegetables, and fruit in a large enchanted bowl.
375. Sprinkle with seeds and vegan cheese.
376. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Moonlit Woods Charm

Ingredients

- 4 cups Kale
- 1 Tomato, sliced
- 1 Pear, chopped
- ¼ cup Pecans
- ¼ cup Almond Ricotta
- 3 tbsp Herbed Olive Oil

Directions

377. Wash and prepare all vegetables, fruits, and greens.
378. Combine greens, vegetables, and fruit in a large enchanted bowl.
379. Sprinkle with seeds and vegan cheese.
380. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Moonlit Thicket Delight

Ingredients

- 4 cups Arugula
- 1 Radish, sliced
- 1 Orange, chopped
- ¼ cup Sunflower Seeds
- ¼ cup Almond Ricotta
- 3 tbsp Herbed Olive Oil

Directions

381. Wash and prepare all vegetables, fruits, and greens.
382. Combine greens, vegetables, and fruit in a large enchanted bowl.
383. Sprinkle with seeds and vegan cheese.
384. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Ethereal Spring Crunch

Ingredients

- 4 cups Spinach
- 1 Tomato, sliced
- 1 Pomegranate, chopped
- ¼ cup Almonds
- ¼ cup Tofu Crumbles
- 3 tbsp Balsamic Vinaigrette

Directions

385. Wash and prepare all vegetables, fruits, and greens.
386. Combine greens, vegetables, and fruit in a large enchanted bowl.
387. Sprinkle with seeds and vegan cheese.
388. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Secret Haven Salad

Ingredients

- 4 cups Romaine
- 1 Beet, sliced
- 1 Orange, chopped
- ¼ cup Pecans
- ¼ cup Cashew Feta
- 3 tbsp Maple Mustard Dressing

Directions

389. Wash and prepare all vegetables, fruits, and greens.
390. Combine greens, vegetables, and fruit in a large enchanted bowl.
391. Sprinkle with seeds and vegan cheese.
392. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Shimmering Sanctuary Charm

Ingredients

- 4 cups Spinach
- 1 Beet, sliced
- 1 Blueberry, chopped
- ¼ cup Pumpkin Seeds
- ¼ cup Tofu Crumbles
- 3 tbsp Lemon Tahini Dressing

Directions

393. Wash and prepare all vegetables, fruits, and greens.
394. Combine greens, vegetables, and fruit in a large enchanted bowl.
395. Sprinkle with seeds and vegan cheese.
396. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.

Crystal Orchard Greens

Ingredients

- 4 cups Mixed Greens
- 1 Bell Pepper, sliced
- 1 Pear, chopped
- ¼ cup Walnuts
- ¼ cup Cashew Feta
- 3 tbsp Lemon Tahini Dressing

Directions

397. Wash and prepare all vegetables, fruits, and greens.
398. Combine greens, vegetables, and fruit in a large enchanted bowl.
399. Sprinkle with seeds and vegan cheese.
400. Drizzle with dressing and toss gently, as if stirring moonlight through leaves.