

Healthy Recipe

Sponsored by Awaken Savor™, Inc.

FIVE-SEED SALAD DRESSING

COMBINE:

2 Tbsp of Awaken Savor
Five-Seed-Salad Mix
1/4 cup of pomegranate juice,
1/4 cup of extra virgin olive oil

DIRECTIONS:

Let stand for 5-10 minutes; stir well before drizzling over your favorite salad.

Flavor your healthy salads with civilization's best! This tasty dressing has high levels of Omega-3 fatty acids, vitamins B1 and E. With the

addition of pomegranate juice (great source of antioxidants) and extra virgin olive oil (lowers LDL cholesterol), this is a power salad dressing.

The primary ingredients are five seeds: sesame, chia, flax, poppy, and tukmaria. Each is known for its health benefits:

Sesame seeds, a nutty flavor, contain lignans, including sesamin, (a phytoestrogen with antioxidant and anti-cancer properties), as well as manganese, copper, calcium, and vitamins B1 and E.

Chia seeds are a high energy endurance food known to the ancient Aztecs.

Flax seeds contain high levels of Omega-3 fatty acids while being very low in carbohydrates, making it ideal for people who need to limit their intake of starches and sugars.

Poppy seeds are also a source of Omega-3 fatty acids as well as minerals like iodine, manganese, magnesium, zinc, and copper.

Tukmaria seeds (basil seeds), are known to be great for digestion after a heavy meal.



In addition to this power house salad dressing mix, Awaken Savor, Inc. offers products in five lines, including its Awaken Savor Signature Blends, American Blends, Five-Spice Blends, World Blends, and Salad Dressing Blends. All spice blends are salt-free, MSG-free, gluten-free, and preservative-free. To order visit our website:

<http://www.awakensavor.com>, or call us for more information at 562.547.1740.

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