

Sea of Colors
GREEN HEART CHAKRA RECIPE



Heart Chakra Green Fruit Salad

by Kimberly Bizjak

Ingredients

- 1 Green apple
- Green grapes
- 2 small Kiwi
- Honeydew melon
- Mint leaves
- Basil leaves

Dressing:

- 1 Tb lime juice
- 1 Tb honey
- 1/2 of an avocado, mashed

Directions

1. Slice and chop the fruit in equal portions and put in a large bowl.
2. Whisk lime juice, honey, and avocado in a small bowl, or use a food processor to blend.
3. Pour dressing over the fruit and toss.
4. Garnish with chopped basil and mint.