



Sea of Colors
YELLOW SOLAR PLEXUS CHAKRA RECIPE

Solar Plexus Yellow Fruit Salad

by Kimberly Bizjak

Ingredients

- 1 pear
- Pineapple chunks
- Optional: Chopped pecans

Dressing:

- 2 Tb plain yogurt/coconut yogurt
- 1/2 tsp lemon juice
- 1/4 tsp vanilla
- 1/2 Tb honey

Directions

1. Slice and chop the pear with equal amount of pineapple into bite-sized pieces and put in a large bowl.
2. Whisk yogurt, lemon juice, vanilla, and honey in a small bowl.
3. Pour dressing over the fruit and toss.
4. Top with chopped pecans.