

Power Salad

Contributed by Verde Kitchen, Hilton Singapore

Difficulty: Easy

Preparation: 10 min

Cooking: 10 min

Serves: 1

Ingredients	Method
<p>Key Ingredients</p> <p>1 ½ cup mixed baby lettuce ¼ cup broccoli florets ¼ cup sliced mushrooms ¼ cup sliced avocado ¼ cup mozzarella cheese ⅓ cup shredded zucchini ⅓ cup diced yellow squash ⅓ cup raisins ¼ thinly sliced apple 2 tablespoons sunflower seeds</p> <p>Salad Dressing</p> <p>50ml orange juice 50ml olive oil 20ml honey 2 green apples ½ cucumber 20g ginger 1 slice of lemon 2 stalks of celery</p>	<ol style="list-style-type: none">1. To prepare the salad dressing, mix the olive oil, orange juice and honey together in a small bowl. Season with salt and pepper to taste.2. Add all of the remaining ingredients in another large bowl.3. Pour the salad dressing. Mix, toss and serve.

Detox Zinger

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Difficulty: Easy

Preparation: 5 min

Cooking: 1 min

Serves: 1

<p>2 green apples ½ cucumber 20g ginger 1 slice of lemon 2 stalks of celery</p>	<ol style="list-style-type: none">1. Cut all the ingredients into chunks and blend them in a juicer.
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