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### **Salad Dressing**

1 cup organic extra virgin olive oil

1 cup raw apple cider vinegar

1 tsp. mustard

Dash sea salt

Dash fresh pepper

Crush clove of garlic

Herbs to taste: rosemary, basil, oregano, thyme, parsley

Any other herbs you like! Mrs. Dash is a quick herb blend to use

### **Root Veggie Slaw**

Fine chop red and/or green cabbage

Grate, on a metal cheese grater, root veggies: beet, parsnip, rutabaga, celeriac, carrot, purple carrot, turnip, winter storage radishes (bigger than the summer salad radishes), kohlrabi, salsify, burdock, horseradish, etc.

Mix together in a bowl with the above dressing

Optional: add a few raisins, chunks of apples or pineapple (no local producers of pineapple, yet!)

If you would like more personalized attention around food, health and healing please contact Paula Youmell to set up a Nutrition and Health Consultation. She can be reached at the contact information above.

Enjoy radiant health today and every day!

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