

Fast Mix Salad



A bit unusual but very healthy, tasty and refreshing salad. My husband says, this is a summer salad as it is refreshing. For me this is a salad that can be eaten in all seasons, with sausages, meat and different roasts this salad is a real hit.

INGREDIENTS :

1 courgette (medium size)

1 pear(big and sweet)

2 carrots (medium size)

50 g almond flakes

$\frac{1}{2}$ – 1 lemon (to your taste)

1 tea spoon of Italian spices

1 cucumber (for salad)

1 tea spoon of honey

$\frac{1}{2}$ of celery (medium size

4 tea spoons of oil

$\frac{1}{2}$ tea spoon of salt

PREPARATION :

- 1 . Wash the pear and all vegetables, peel them if you want (not obligatory) , and grate them ...
- 2 . add all other ingredients to the vegetables, then squeeze a half lemon and mix lightly but well ...
- 3 . taste to make sure it is sour enough and seasoned well (if needed add another half lemon or salt according to your taste) ...

NOTES AND ADVICE :

Prepare and season this salad directly before serving !!!

If you prepare this salad earlier, it will get bitter.



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