

## Baby leaf and orange salad with yoghurt



*low in fermentable carbohydrates*

*gluten free*

*wheat free*

*vegetarian*

*suitable for diabetics*

Put the spring onto your step with this refreshing salad. My grand-mother used to make her salad dressings with slightly sweetened yoghurt, rather than oil and vinegar. This makes the salad more filling, less acidic and gives you an excellent helping of calcium, needed for strong bone health. All of these ingredients are suitable to help combat bloating.

makes **2 portions**

### Ingredients

100g	seasonal baby salad leaves (6 handfuls)
½ handful	fresh mint leaves
1	orange, peeled
60g	raw carrot, peeled and grated
15g	pumpkin seeds
1 tsp	olive oil
¼ tsp	Tamari soy sauce
1 tsp	water
200g	plain yoghurt e.g. <i>Danone Activia low fat natural yoghurt</i>
1 tsp	caster sugar

### How to make

1. Lightly toast the seeds in a dry frying pan for 3 minutes, then leave to cool.
2. Shred the mint into small pieces using your hands and put all the leaves into a salad bowl.
3. Mix together the olive oil, soy sauce and water. Add to the bowl and toss all the salad ingredients together.
4. Tear or cut the orange into segments, halve them and add to your salad bowl with the carrots and pumpkin seeds.
5. Mix the sugar into the yoghurt and serve with the salad.

*recipe: Yvonne McKenzie*

[www.digestiblenutrition.co.uk](http://www.digestiblenutrition.co.uk)