



PEA SHOOT VIRGIN MARGARITA

*One great way to start the day! This recipe is a creative way to get required amounts of **essential vitamins, antioxidants, aminoacids, electrolites, and essential minerals!** **PEA SHOOTS are also a great source of PROTEIN!** They provide 69% of high quality bioavailable protein, 7 X more vitamin C than blueberries, and 8 X more folic acid than bean sprouts!*

Ingredients:

1 bunch fresh cut, washed peashoots
1 fresh squeezed lemon
1 tbs. fresh chopped ginger
1 tbs. agave (optional: locally harvested honey, organic brown sugar to taste)
1 cup of ice
1 cup natural spring water
(For the alcoholic version: add 1 ½ oz 100% agave Tequila, 1 ½ oz Tripple Sec or Cointreau. Please drink alcohol in moderation.)

Directions:

1. Place the fresh cut peashoots, chopped ginger, lemon juice, agave and ice in a Vitamix Style blender.
2. Hit the pulse button at least 7 times, till all ingredients are finely chopped and you see an homogeneous mixture.
3. Add the water and hit the frozen drink/blending button option.
4. Blend till you see an homogeneous and uniform mixture.
5. Serve and enjoy!

- Signature Recipe created by Sandra Martinetto –
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SPECIAL THANKS to **Son Cubano NJ** for featuring our **OrganicWorldUS** Signature Drinks at their beautiful unparalleled Bar!

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MICRO FLOWER POWER SALAD

*Young seedlings of edible vegetables and herbs that are harvested less than 14 days after germination. Contain up to **40 x higher levels of vital nutrients than their mature counterparts!** Microgreens are **superfoods** for: • heart health • diabetes, • weight loss • blood pressure • cancer • immunity. This recipe includes turmeric and black pepper to boost immunity.*

Ingredients:

2 cups of fresh chopped microgreens of choice
½ cup fresh finely chopped herbs of choice
2 tbs. olive oil
1 tbs. of non pasteurized organic apple cider vinegar with the mother
1 tbs. locally harvested honey (optional: agave, organic brown sugar to taste)
1 tsp chopped turmeric
Black pepper to taste
Salt to taste
Edible flowers of choice
Optional: fresh squeezed lemon to taste

Directions:

1. Place all chopped microgreens and herbs of choice in a medium size bowl.
2. On a separate small bowl, add the olive oil, then the apple cider vinegar, honey, chopped turmeric, black pepper and salt. Stir and mix well all ingredients.
3. Drizzle the dressing on top of the microgreens mix. Optional: squeeze some fresh lemon on top. Mix well all ingredients.
4. Decorate with edible flowers of choice.
5. Serve and Enjoy!

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