



## **Cabbage Hemp Salad**

### **Ingredients:**

3 cups cabbage (mix of purple and green), finely shredded  
1/4 cup red and yellow peppers, diced  
1 1/2 avocados, diced with pit removed  
3 tablespoons hemp oil  
1 1/2 tablespoons lime juice  
1/4 cup hemp seeds  
3 tablespoons cilantro, chopped

### **Directions**

Combine all ingredients in a large bowl. Massage and mix with your hands to tenderize the cabbage and cream the avocado, and serve.

Yield: 2-3 servings Compliments of Spark Recipes

*Compliments of [www.popsugar.com](http://www.popsugar.com)*