

Salad with wild herbs and edible flowers






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2 servings as a main course; **4 servings** as a side dish

Preparation Time: 15 minutes

Ingredients:

From forests or meadows:

- 2 handfuls of dandelion leaves
- Some dandelion flowers
- Some daisies
- Some sprigs of wild thyme

From the garden:

- 2 handfuls of garden salad
- 1 handful of fresh spinach
- 1 handful of rocket salad

For the dressing:

- 4 tbsp of olive oil
- 4 tbsp apple cider vinegar
- 1 pinch of herbal salt

For the topping:

- 1/2 pkg. of LAND-LEBEN ORGANIC Spelt soup and snack pearls {corresponds to 50 g}

Preparation:

Wash the lettuce and edible flowers. Season the dandelion leaves, lettuce and spinach with oil, vinegar and salt. Decorate the salad with edible flowers, wild thyme and LAND-LEBEN ORGANIC Spelt soup and snack pearls.

TIP: The dish goes well with a herbal lemon water. To make this, mix water with herbs and lemon wedges and leave to sit for an hour.

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