**Grated Carrot Salad**

1 package Caldwell’s raw cultured grated carrots
2 to 3 pressed or minced garlic cloves
2 tbsp. chopped fresh parsley
2 to 3 tbsp. olive oil or your regular salad oil
1 cup of fresh greens (spinach, lettuce, green sprouts, etc.)

Combine all ingredients in a salad bowl. Serves 4-6.
Variation 1: add 1/2 cup white beans or chick peas.
Variation 2: replace the greens with 1-1/2 to 2 cups of cooked rice, 1/2 cup of black olives and more olive oil to taste.

**Fermented Carrots with Broccoli Florets**

1 package Caldwell’s raw cultured grated carrots
12-18 fresh broccoli florets
2 minced or pressed garlic cloves
2 to 3 tbsp. olive oil or your regular salad oil

Steam broccoli florets for 3-5 minutes and cool under a stream of cold water. Strain.
Mix all ingredients together in a bowl.
Serves 4-6.

**Trio and Chick-Pea Salad**

1/2 package Caldwell’s raw cultured beets
1/2 package Caldwell’s raw cultured red cabbage
1/2 package Caldwell’s raw cultured black radish
1/2 to 1 cup cooked or sprouted chick-peas
3 tbsp. olive oil or your regular salad oil

In a salad bowl, combine all ingredients. Serves 6-8.
Variations: Replace chick-peas with white or lima beans or with bite-size squares of feta cheese.
Replace the Caldwell’s raw cultured black radish with 2 to 3 tbsp. chopped fresh onion.

**Caldwell’s Coleslaw**

1/2 package Caldwell’s raw cultured grated carrots
1 cup thinly-sliced green cabbage
1 tbsp. chopped onion
1 tbsp. chopped fresh parsley
2 tbsp. mayonnaise and/or salad oil

Combine all ingredients in a salad bowl. Serves 4.
Variation: Replace green cabbage with Savoy, Korean or Nappa cabbage.

**Colorful Greek Salad**

1 package Caldwell’s raw cultured red cabbage
2 tbsp. thinly sliced onion
12 cubes feta cheese
Black olives
2 tbsp. olive oil or your regular salad oil
A few onion rings

Combine raw cultured red cabbage, onion and olive oil in a salad bowl. Decorate with feta cheese, black olives and onion rings. Serves 4.
Variation: Add 1/4 cup fresh chopped basil and cilantro.

**Caldwell’s Super Salad**

1 package (200g) Caldwell’s raw cultured vegetable of your choice
2 cups fresh green sprouts of your choice
3 tbsp. olive oil or your regular salad oil

Combine all ingredients in a salad bowl and serve immediately. Serves 4-6.

**Hannah’s Salad**

1 package (200g) Caldwell’s raw cultured grated beets
1-1/2 cups pre-cooked cold, short-grain brown rice, buckwheat or barley
3 tbsp. olive oil or your regular salad oil

Combine all ingredients in a salad bowl and serve. Serves 6.

**Steve’s Salad**

1 package Caldwell’s raw cultured grated carrots
1 package Caldwell’s raw cultured daikon with ginger
1 medium size shallot, sliced very thin
12 cubes feta cheese
small handful of toasted pine nuts
your best olive oil & a few drops of balsamic vinegar
fresh oregano or thyme
sea salt & ground pepper to taste
a few sprinkles of paprika for color

Variation: Try it with different raw cultured vegetables and fresh herbs

Bon appétit!