

# **Fennel and Apple Detox Salad**

**Servings:** 2

**Prep Time:** 10 minutes

## **Ingredients**

- 1 cup thinly sliced fennel bulb
- 1 green apple, julienned
- Juice of 1 lemon
- 1 tablespoon olive oil
- Salt and black pepper to taste
- Optional: a sprinkle of chia seeds

## **Instructions**

Toss fennel and apple with lemon juice, olive oil, salt, and pepper. Let sit for 5 minutes before serving to let the flavors meld.

## **Health Benefits**

Fennel helps reduce bloating and supports digestion. Apple provides pectin fiber to sweep toxins from the gut. Lemon enhances liver detox. This salad is crisp, refreshing, and supports gut and liver health.