

## **Zucchini & Dill Gut Cleanser Salad**

### **Ingredients:**

- 1 small zucchini, shaved into thin ribbons
- 1 tbsp fresh dill, chopped
- 1 tbsp apple cider vinegar
- 1 tsp flax oil or olive oil
- 1 tsp pumpkin seeds
- Optional: pinch of garlic powder

### **Instructions:**

1. Shave zucchini with a peeler.
2. Toss with dill, vinegar, and oil.
3. Sprinkle pumpkin seeds before serving.

## **Detox Benefits:**

Zucchini is hydrating and rich in fiber for gut cleansing. Dill reduces bloating. Apple cider vinegar improves digestion.