

Greek Cabbage Carrot Detox Salad

Servings: 2

Prep Time: 15 minutes

Ingredients:

- 2 cups shredded green cabbage
- 1 cup shredded carrot
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra virgin olive oil
- ½ teaspoon dried oregano
- Salt and black pepper, to taste

Instructions:

1. In a large bowl, toss together the shredded cabbage and carrot.

2. In a small bowl, whisk the lemon juice, olive oil, oregano, salt, and pepper.

3. Pour dressing over the vegetables and mix well.

4. Let sit for 5–10 minutes before serving to allow flavors to meld.

Benefits:

- **Cabbage** supports liver detox and provides sulfur compounds for cleansing.
- **Carrots** boost beta-carotene and fiber intake.
- **Olive oil + lemon** support digestion and fat-soluble detox.