

Red Cabbage & Parsley Cleansing Salad

Serving 2

Prep time 20 minutes

Ingredients:

- 1 cup shredded red cabbage
- 1/4 cup chopped parsley
- 1 grated carrot
- Juice of 1 lemon
- 1 tbsp extra virgin olive oil
- Pinch of sea salt

Instructions:

1. Combine all ingredients in a bowl.
2. Mix well and let marinate for 10–15 minutes.

3. Serve fresh — great as a crunchy side.

 **Detox Benefits:**

- **Red cabbage:** Supports liver enzymes, high in anthocyanins
- **Parsley:** A natural diuretic and heavy metal cleanser
- **Lemon:** Boosts bile flow for digestion and detox