



SunDrenchers™

SUNLIVING FOODS, LLC

Our Favorite Recipes

Asian Salad

Serves 6-8 people

1/2 Green Cabbage
1/2 Purple Cabbage
1 White Onion - diced
3 Green Onions - diced
3 Carrots - shredded
2 cups Peas
1 cup Cashews
1 Avocado - diced
1 cup Sesame Seeds
12 oz. Asian SunDrencher
mix well

Asian Wrap

Serves 1-2 people

1 Leaf Green Cabbage
1/4 Avocado - sliced
1/4 Cucumber - sliced
1/4 Red Bell Pepper
Handful Bean Sprouts
2 Green Onions
3-5 oz. Asian SunDrencher

Italian Summer Delight Salad

Serves 6-8 people

6-8 Corn Cobs
4 Tomatoes - diced
3 Cucumbers - diced
1 White Onion - diced
15 Basil Leaves - diced
1 Avocado - diced
8-10 oz. Italian SunDrencher
mix well

Classic Italian Salad

Serves 6-8 people

1 head Romaine Lettuce - chopped
1 handful Banana Peppers
2 handfuls Olives
2 handfuls Cherry Tomatoes
1 Red Onion - diced
2 Carrots - shredded
6-12 oz. Italian SunDrencher
mix well

Honey Mustard Spinach Salad

Serves 6-8 people

2 bags of Spinach
2 handfuls Mushrooms
2 handfuls Strawberries
1 cup Almond pieces
1 handful Cranberries
1 whole Avocado
12 oz. Honey Mustard SunDrencher
mix well

Honey Mustard Broccado Salad

Serves 4-6

2 heads Broccoli - bite-size pieces
1 head Cauliflower - bite-size pieces
1 Red Onion - diced
1 cup Raisins
1 cup Sunflower Seeds
12 oz. Honey Mustard SunDrencher
mix well