



You should avoid chemicals and toxins as much as possible and consume antioxidant-rich foods and supplements to decrease your oxidative stress and your risk of inflammation and cell damage. Have fun while you are doing it by indulging in delicious foods full of antioxidant properties like our Turkish Salad.

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Antioxidants

Turkish Salad

2 medium tomatoes, diced	2 tablespoons lemon juice
2 green onions, chopped	2 teaspoons ground dried sumac berries
1 cucumber, diced	1/2 teaspoon sea salt
1 handful fresh parsley, chopped	1/4 teaspoon black pepper
2 tablespoons extra virgin olive oil	

Mix together olive oil, lemon juice, sumac, sea salt, and black pepper.
Mix dressing with vegetables and toss.

