CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Fermented Beet and Cannabis Leaf Salad

Gut Support & Phytonutrient Intake

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What This Supports

Supports gut health, vegetable diversity, and healthy fat intake.

Why It Works

Fermented beets provide organic acids, while leafy greens and herbs add phytonutrients and fiber.

Ingredients

Fermented Beet and Cannabis Leaf Salad

Ingredients:

/2 cup Cannabis leaves

/4 cup Fermented beets (from fermented beet kvass)

/3 cup Cherry tomatoes

/8 cup Cauliflower

/8 cup Feta cheese

tbsp MCT oil

tsp Lemon juice

tbsp Fermented salsa

/2 tbsp Basil

/2 tbsp Cilantro

Directions

.Chop items into bite sized pieces and combine in a bowl.

Best Use

Best served fresh as a light side or starter.

Food Notes & Safety

Use food-grade cannabis leaves only where legal and appropriate.

Storage

Consume fresh; refrigerate up to one day.