

## Coconut Chia Salad Dressing Recipe



If you've followed me for a while, you know I'm a huge fan of the keto diet because it eliminates sugar and replaces it with fats that our bodies need to thrive.

However, there's keto... and then there's clean keto. Clean keto means eating mostly plant-based foods that nourish your body, keep your brain thriving, fight inflammation, and give you a youthful glow with a flat tummy.

The ingredients in this dressing and the simple salad that goes with it are a perfect example.

I'll have lots more examples for you on Thursday in my post about using coconut to get more clean keto fats in your diet. Plus, this easy dressing is delicious. I usually double the recipe and save some for another salad in the next few days.

In the meantime, give this recipe a try and let me know what you think over on [Facebook](#).

### COCONUT CHIA SALAD DRESSING

#### *Ingredients [Serves 2]*

- 1 14 oz. can of coconut milk (I use Native Forest)
- 1 tbsp. chia seeds
- 1 tbsp. yellow onion, minced
- 1 tbsp. lemon juice, fresh squeezed
- 1 green onion (scallion), chopped
- 1 tbsp. basil leaves, chopped
- 1 clove garlic
- ¼ tsp. dry dill weed
- ½ tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)



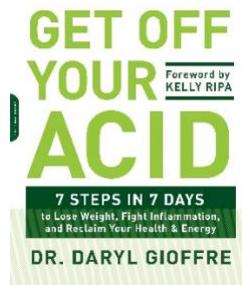
#### *Salad Ingredients*

- 1 head of romaine lettuce
- ½ cucumber, sliced
- 1 tomato, sliced
- ½ yellow onion, sliced
- 1 avocado, sliced
- Optional: handful of sprouts

Directions:

Blend all dressing ingredients on high speed until completely smooth.

Place in an airtight container and refrigerate. Add to a salad bowl with the salad ingredients and enjoy!



There are lots more delicious recipes in my best-selling book, [\*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy.\*](#)

In fact, you'll find more than 50 recipes in addition to all of the information about your alkaline health.

Here's what Mario and Courtney Lopez had to say about it...



**"We're able to eat delicious food and be the healthiest versions of ourselves."**

"With obesity rates being what they are, eating clean is a big deal in our house. As parents, it's important to model healthy eating for our kids and show them what a sensible plate looks like. We feel our best when we're taking care of ourselves physically, and that's what Dr. Daryl's book, *Get Off Your Acid*, has done for us. We're able to eat delicious food and be the healthiest versions of ourselves. Thank you, Dr. Daryl!"

**-Mario and Courtney Lopez**