

## Basil, Tomato and Chickpea Salad

1 bunch of fresh basil

4 ripe tomato's

1 medium cucumber

3/4 tin of chick pea's, drained

Olive oil

Apple cider vinegar with the mother tincture 'Bragg's'

A pinch of Himalayan pink salt

Wash the basil and tear each leaf off and place in a bowl.

Cut the tomato's into small pieces about the size of the end of your thumb.

Slice the cucumber into round pieces, if it's a big cucumber slice it in half lengthways first.

Add in chick pea's

Just prior to serving, drizzles the salad with olive oil and apple cider vinegar and add a pinch of sea salt.

Then toss gentle so that every part of the dressing is coating the salad.

Organic tomato have so much more flavour. They are also much higher in nutrients and free of chemicals If you can't get organic go for the truss or Roma or vine riped. Those colourless floury

tomato's will leave you wondering why you didn't like this recipe. tomato need to be rich in flavour and juicy. The secret to enjoying salad and vegetable is to buy good quality.

Bragg's Apple Cider Vinegar is a traditional apple cider that still contains what is known as the mother tincture. It stimulates the production of digestive hydrochloric acid which is needed to digest and breakdown your food so it can be absorbed for nutrients. It is also alkalising to the body.