

Pear and Walnut Salad

2 cups of watercress

1-2 pears

¼ cup of walnuts

¼ cup of Crumbled goats feta or sliced parmesan or vegan macadamia feta

Rinse the watercress and cut the root area off.

Then place the watercress into a bowl and separate and spread out the pieces a little.

Wash pears and cut them into 1/4, skin on is optional

Then remove the seeds from each piece and then cut thin slices slice length ways. Place the sliced pear in the bowl.

Place the walnut on a baking tray and lightly roast in a moderate oven. It will only take about 5 min, and then add to salad.

Then crumbles goats feta or thin slices of parmesan or vegan macadamia feta

Macadamia Feta is a vegan cheese made by 'Botanical Cuisine', it's one of the better tasting and healthiest non dairy cheese options.

Walnuts contain omega 3, a nutrient commonly absent in western diet.