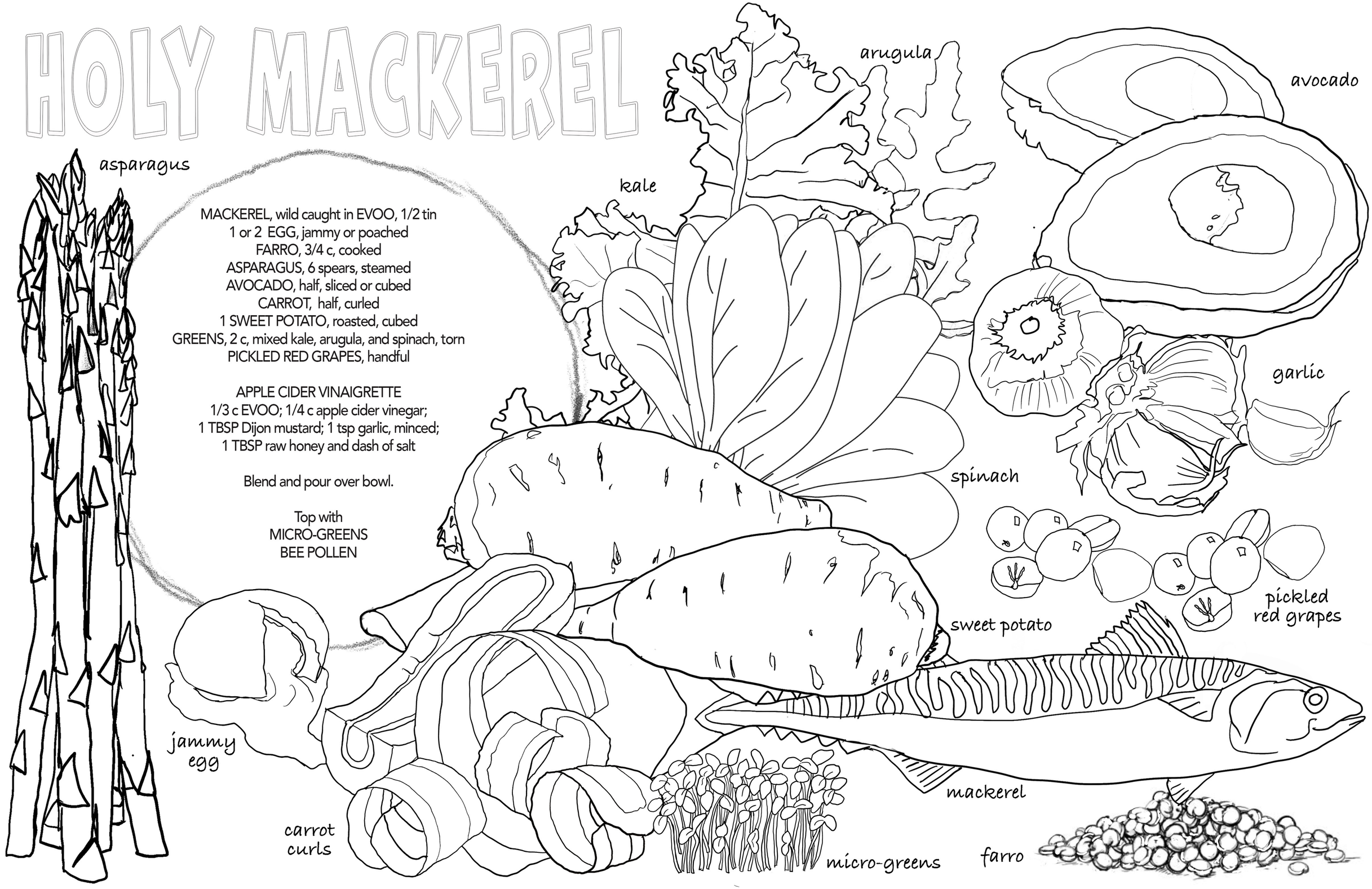
HOLY MACKEREL

MACKEREL, wild caught in EVOO, 1/2 tin
1 or 2 EGG, jammy or poached
FARRO, 3/4 c, cooked
ASPARAGUS, 6 spears, steamed
AVOCADO, half, sliced or cubed
CARROT, half, curled
1 SWEET POTATO, roasted, cubed
GREENS, 2 c, mixed kale, arugula, and spinach, torn
PICKLED RED GRAPES, handful

APPLE CIDER VINAIGRETTE
1/3 c EVOO; 1/4 c apple cider vinegar;
1 TBSP Dijon mustard; 1 tsp garlic, minced;
1 TBSP raw honey and dash of salt

Blend and pour over bowl.

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MICRO-GREENS
BEE POLLEN