

BRAIN HEALTHY COOKING FOR ONE

*the stellar*

# GARBANZO BEAN SALAD

1/2 can Garbanzo Beans  
1/4 CUP Cucumbers, diced  
1/4 CUP Tomatoes, diced  
1/8 CUP Onions, diced  
1/8 CUP Celery, chopped  
1/4 CUP Carrots, diced  
1/2 CUP chopped Spinach  
1/8 TSP Spice of Life  
Chopped Parsley to taste

1. Mix all ingredients together in a bowl.
2. Add balsamic dressing to taste.

