



YeneHealth
care women deserve

VAGINAL HEALTH SALAD

A salad to make your vagina happier. Avocados are full of healthy unsaturated fats, potassium and B6. Hence they can boost libido, strengthen your vaginal walls and even enhance lubrication.

Leafy greens contain dietary nitrates, which increase circulation and help to prevent vaginal dryness. Strawberries, high in Vitamin C are proven to ward off vaginal infection. Put them together you've got a very Happy Vagina Salad.

Serves 4
Prep Time 10 minutes

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INGREDIENTS

- 450g of baby kale or baby spinach
- 450g of strawberries
- ½ red onion
- 3 ripe avocados
- 1 cup goat cheese or feta cheese
- 1 cup pecans or peanuts
- ¼ cup balsamic vinegar (or homemade vinaigrette)
- ½ cup extra virgin olive oil



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INSTRUCTIONS

1. Fill a big salad bowl with greens.
2. De-stem and slice all strawberries add on top of greens.
3. Thinly slice red onion and place in a bowl of ice cold water for 5 minutes to remove spiciness. Add to salad.
4. Cube avocados, add to salad.
5. Slice goat cheese/feta into rounds or crumbles and add.
6. To toast pecans, put in a small pan over medium heat and shake until toasted, just a few minutes. Top Salad with pecans or peanuts.
7. Drizzle oil and vinegar.
8. Season salad liberally with salt and pepper, especially avocados.
9. Enjoy!