

# VITAMINSEA®

MAINE SEA VEGETABLES

## Recipe

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### APPLE PEAR DULSE SALAD

2 Pears  
1/2 cup Pecans  
2 Apples  
1 cup Blackberries  
Lemon Juice  
1/2 cup Dulse, cut into pieces  
1/2 cup Diced Celery  
2 tbs. Triple Flake Blend  
1 Carrot, Grated  
Raspberry Vinaigrette

\*\* You may also add blueberries, raspberries, and pineapple!

Peel and slice pears into 1/2" pieces. Sprinkle with lemon juice. Mix in all other ingredients. Use your favorite vinaigrette – ours is raspberry!