



Orange & Fennel Salad with Endive & Apple Cider Hemp Seed Vinaigrette

Lunch

Ingredients (Serves 1)

Apple Cider Hemp Seed Vinaigrette¹

- 1 Tbsp. hemp seeds
- ½ C raw apple cider vinegar
- 1 C avocado oil
- ½ C water
- ¼ tsp. Salt

Salad

- 1-2 oranges, any variety, peeled and sliced into rounds
- ½ fennel bulb, sliced thin, reserve fronds for garnish
- 4 Belgian endives (outer leaves only)
- Protein of choice⁴



Cooking Instructions

- Prepare Dressing¹— Combine 1 Tbsp. hemp seeds, ½ C apple cider vinegar, 1 C avocado oil, ½ C water, and ¼ tsp. salt in a blender and blend until combined smooth. Note: dressing will store for up to 2 weeks.
- Prep Salad Vegetables— Peel and slice 1-2 oranges into rounds. Thinly slice ½ fennel bulb², reserving fronds for garnish. Pull apart endives leaves. Store hearts³
- Serve—Plate oranges, fennel, endive leaves, and protein of choice⁴. Drizzle with 1 Tbsp. dressing and garnish with fennel fronds and more hemp seeds if desired.

*Basecamp Retreat Notes

- ¹ Your dressing will already be premade from the Chilean Sea Bass meal
- ² Will be reserved from the Chilean Sea Bass meal.
- ³ We will use 4 endive hearts for our meal tonight.
- ⁴ We will use 1 serving of leftover Chilean Sea Bass.

