



Mixed Greens with Lemon & Olive Oil

1 serving

5 minutes

Ingredients

- 2 cups Mixed Greens
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- 1 tbsp Hemp Seeds

Directions

- 1 Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	191
Fat	18g
Saturated	2g
Carbs	4g
Sugar	0g
Protein	5g
Cholesterol	0mg
Sodium	34mg