



*Sea of Colors*  
**RED ROOT CHAKRA RECIPE**

# Root Chakra Red Fruit Salad

by Kimberly Bizjak

## Ingredients

- 1 small container of strawberries
- 1 small container of raspberries
- 5-10 sliced red grapes
- 1 Tb balsamic vinegar
- 1/2 Tb cane sugar
- 1-2 basil leaves, chopped

## Directions

1. Slice and chop the fruit into bite-sized pieces and put in a large bowl.
2. Whisk balsamic and sugar in a small bowl until the sugar dissolves or warm on stovetop or microwave.
3. Pour balsamic mix over the fruit and toss.
4. Top with fresh basil.