



Ostara Rainbow Salad (Vegan & Gluten-Free)

Theme: Renewal, light, colour, and joy — perfect for spring equinox.



Ingredients (serves 2–3)

- **Red:** ½ red bell pepper, sliced thin
- **Orange:** 1 carrot, peeled into ribbons
- **Yellow:** ½ yellow bell pepper or corn kernels
- **Green:** 1 small cucumber or a handful of baby spinach
- **Blue/Purple:** ½ small red cabbage or a handful of blueberries
- **White:** ½ cup cooked quinoa or chickpeas (for protein)
- **Optional:** edible flowers (pansies, violets, nasturtiums — all safe for food use)



Simple Lemon-Maple Dressing

- 2 tbsp olive oil
- 1 tbsp lemon juice (or apple cider vinegar)
- 1 tsp maple syrup (or agave)
- Salt and pepper to taste
→ Whisk or shake in a jar until blended.



Instructions

1. **Prep your colours:** Wash and slice all veggies into bite-sized pieces or ribbons.
2. **Layer by colour** in a bowl or large platter (red → orange → yellow → green → purple).
3. **Add the protein** (quinoa or chickpeas) on top.
4. **Drizzle the dressing**, toss gently, and finish with edible flowers.



Optional Ritual Touch

While preparing, think of one intention or affirmation for each colour:

- **Red** – vitality
- **Orange** – creativity
- **Yellow** – clarity
- **Green** – compassion
- **Purple/Blue** – intuition
- **White** – peace

Ostara Rainbow Salad Checklist (Vegan & Gluten-Free)

Veggies & Fruits

- ☐ Red: Red bell pepper
- ☐ Orange: Carrot
- ☐ Yellow: Yellow bell pepper or corn
- ☐ Green: Cucumber or baby spinach
- ☐ Purple / Blue: Red cabbage or blueberries
- ☐ White / Protein: Cooked quinoa or chickpeas

Edible Flowers (Optional)

- ☐ Nasturtium
- ☐ Pansy / Viola
- ☐ Marigold / Calendula
- ☐ Borage
- ☐ Rose petals
- ☐ Lavender

Dressing Ingredients

- ☐ Olive oil (2 tbsp)
- ☐ Lemon juice or apple cider vinegar (1 tbsp)
- ☐ Maple syrup / agave (1 tsp)
- ☐ Salt & pepper

Extras / Ritual Touch

- Write intentions for each colour (optional)
- Sprinkle flowers just before serving
- Serve fresh and enjoy!