



RAW BROCCOLI SALAD

Raw broccoli salad....yes it's broccoli, yes, its raw, but it's easy delicious and super healthy. It has it all, crunchy and tangy with a hint of sweet...just try it you'll be surprised how good it is!

Preparation time: 15 minutes

Serves:4

WHAT YOU'LL NEED:

SALAD

1 broccoli

1\2 red onion

1 apple, pear, some grapes or raisins for the sweetness...you choose.

50g of chopped almonds walnuts or pumpkin, seeds for some extra crunch

DRESSING

4 tbsp or 60ml Extra virgin olive oil

3 tbsp or 50ml of Apple cider vinegar (preferably with the mother)

1-2 cloves of garlic crushed

1 heaped tsp of Dijon mustard

1 tbsp maple syrup

Chopped fresh oregano or herb of your choice

Sea salt and pepper to taste

WHAT TO DO:

SALAD

Chop the broccoli into very small pieces including trimmed stalk

Chop the onion

Chop your chosen fruit for the sweetness (no need to chop raisins just throw a handful in)

Chop your choice of crunch. Pumpkin seeds can go in whole

DRESSING

Put all the ingredients in a jar with a lid and shake until emulsified. If you haven't got an old jar just whisk in a bowl.

Put all the salad ingredients into a bowl and pour over the dressing. Give it a toss and its done!