



BROCCOLI SALAD w/ Poppyseed Dressing

Soy-Free. Sugar-Free. DF. GF. Vegan. Vegetarian.

What You'll Need:

- 4 cups raw broccoli florets, chopped into small bite sizes
- 1/2 cup sweet onion, chopped
- 1 cup apple, chopped **We prefer a honey crisp or gala apple*
- 1 cup of plum or grape tomatoes, quartered
- 1/2 cup 'Made in Nature' dried cranberries, chopped **this brand keeps the recipe Sugar-Free*
- 1/2 cup raw almonds, chopped
- 2 tbsp hemp seeds

Poppyseed Dressing:

- 1/2 cup soy-free Vegenaise **this ingredient keeps the recipe Vegan & Dairy-Free*
- 3 tbsp apple cider vinegar
- 3 tbsp maple syrup
- 1 tsp poppy seeds
- 1/8 tsp of Himalayan sea salt

*Whisk all ingredients of dressing together until smooth & frothy. Place in the refrigerator until salad is prepped. Once all the other ingredients are prepped, mix all together in a large bowl and serve. **If you prefer the broccoli to be a little less crunchy, let everything marinate together for 2 hours in the refrigerator.**

Note: For the most health-conscious version of this recipe, use all organic ingredients.