



The Gathered Green

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BROCCOLI, CRANBERRY & ALMOND SALAD

Thank you to besthealthmag.ca for the inspiration toward this recipe and for this easy and tasty salad, and to yummys.com for the picture.

Serves 8

Ingredients

- 4 cups broccoli florets, chopped
- 1 onion or 2 leeks, thinly sliced
- ¼ cup dried cranberries
- ¼ cup walnut pieces
- ¼ cup slivered almonds
- ¼ cup sunflower seeds
- 1 granny smith apple, grated
- 2 tablespoons plain yoghurt
- 2 tablespoons raw honey
- 2 tablespoons lemon juice
- Salt and pepper to taste





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Method

Place almonds, walnuts and sunflower seeds on baking paper on a tray. Roast in oven (180 degrees) for 5-10 minutes or until golden.

Blanch broccoli florets in boiling water for 2 to 3 minutes. Rinse in cold water and strain until dry. Transfer to a medium bowl.

To the broccoli, add onions/leeks, dried cranberries, apple and roasted walnuts, almonds and sunflower seeds.

In a small bowl, combine yoghurt, honey and lemon juice.

Fold dressing into salad and season to taste with salt and pepper.

Enjoy!

Jane

