

## Shredded Salad

**Ingredients:** serves 4

- 2 cups shredded cabbage
- 2 medium carrots shredded
- 1 cup shredded zucchini
- 1 red pepper thinly sliced
- ½ cup thinly sliced celery
- 1 apple chopped
- ¼ cup pumpkin seeds

Put all the ingredients into a large salad bowl and toss with the dressing below.

**Garnish** with a scoop of diced avocado.

**Horseradish Dressing:** makes 1 cup

Put the following ingredients into a blender and blend until creamy:

- ½ cup apple cider vinegar
- ⅓ cup olive oil
- 2 tbsp sunflower seeds
- 1 tsp Dijon mustard
- 2 tsp maple syrup
- 2 tsp horseradish
- 1 tsp garlic powder (or 1 medium clove)

This dressing will keep well in the fridge for 4-6 days.

Served here with cornbread fingers with seed cheese spread and garnished with horseradish.

See recipe below for the Cornbread.



## *Corn Bread Open Faced Sandwich*

**Cornbread:** makes 9" square pan (oil your pan before starting)

Put the following into a large bowl:

- 1 cup of each: cornmeal & corn flour
- 1 cup coconut milk
- 1/3 cup apple sauce
- 1/4 cup coconut oil

Let this mixture sit for 15 minutes then add:

- 1 tsp sea salt
- 1 tsp aluminum free baking powder
- 1/4 cup coconut sugar (or honey)
- 1/2 tsp of each: oregano, basil, thyme

Stir until just mixed and put into greased pan at 400F for 20-25 minutes – let cool before serving.



**Tomato Chutney:** makes 2 cups

Put the following into a food processor and pulse until a coarse mixture:

- 1 medium tomato diced
- 1 cup zucchini chopped
- 1/4 cup sundried tomatoes (soaked for 30 min. then drained)
- 1/4 cup onion finely diced
- 1 tsp sea salt
- 1/2 tsp of each: curry powder & turmeric
- 1 pinch cayenne pepper

Mix well then spread over a slice of cornbread with some slices of zucchini and sprouts – sprinkle with sesame seeds and serve with a salad.

