

Shredded Salads

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
- 1 avocado diced
- ¼ cup pumpkin seeds

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

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.

Shredded Apple Turnip Salad

Ingredients:

- 1 cup shredded turnip
- 1 apple finely diced (keep 2 tbsp aside for dressing)
- ½ zucchini shredded
- ¼ cup finely diced red bell pepper
- ¼ cup raisins
- 1 cob of corn (sliced off the cob)
- ¼ cup sweet onion finely diced

Put all the above in a salad bowl and toss with the dressing below

Molasses Dressing: make ½ cup

- ¼ cup apple cider vinegar
- ¼ cup olive oil
- 2 tsp blackstrap molasses
- 2 tbsp diced apple
- 1 tsp cinnamon

Blend the above in a small blender until creamy then add enough to the salad to coat it and serve.

