

# Sweet & Crunchy Salad

- 200G PURPLE CABBAGE - SHREDDED
- 1 HEAD BROCCOLI - FINELY DICED
- 1 LARGE CARROT - GRATED
- 2 GREEN ONIONS - FINELY SLICED

OPTIONAL - PEPITAS AND SESAME SEEDS

## DRESSING:

- 1/4 CUP TAHINI
- 1/4 CUP WATER
- 2 TABLESPOONS LEMON JUICE
- 1 TABLESPOON MAPLE SYRUP

OPTIONAL - 1/4 TEASPOON SALT, 1/4 TEASPOON GARLIC POWDER & PINCH CAYENNE PEPPER.

- PLACE ALL DRESSING INGREDIENTS IN A SMALL CONTAINER AND SHAKE TO COMBINE.

- PLACE SALAD INGREDIENTS IN A LARGE BOWL. MIX TOGETHER THOROUGHLY.

- POUR OVER SALAD DRESSING.

## NUTRITION INFORMATION

### BENEFITS OF CABBAGE

- QUALITY SOURCE OF POTASSIUM, MAGNESIUM AND CALCIUM WHICH GREATLY SUPPORT BONE HEALTH.
- RICH IN POTASSIUM WHICH CAN AID THE LOWERING OF BLOOD PRESSURE.
- - IT IS FULL OF FAT-SOLUBLE VITAMIN K WHICH IS IMPORTANT FOR BRAIN HEALTH.
- LOADED WITH VITAMIN C AND SULFUR. THESE BOTH CONTRIBUTE TO DETOXIFYING THE BODY, WHICH CAN HELP TO MANAGE SYMPTOMS OF ARTHRITIS, GOUT, ECZEMA AND SKIN DISEASES.
- HIGH ANTI-INFLAMMATORY CONTENT.
- CABBAGE, WHILST NOT ORANGE OR RED, IS ALSO LOADED WITH BETA-CAROTENE WHICH IS IMPORTANT FOR EYE HEALTH.

### HEALTH BENEFITS OF BROCCOLI

- RICH IN IRON, POTASSIUM, SELENIUM, CALCIUM AND VITAMINS A, C, E, K AND B GROUP.

### HEALTH BENEFITS OF CARROT

- CARROT IS RICH IN BETA-CAROTENE WHICH CONVERTS TO VITAMIN A IN THE BODY AND SUPPORTS EYE HEALTH.

### HEALTH BENEFITS OF TAHINI/SESAME SEEDS & PEPITAS

- SESAME SEEDS/TAHINI CAN HELP TO LOWER LDL ("BAD" CHOLESTEROL). THEY PROVIDE HEALTHY FATS, A PLANT SOURCE OF CALCIUM AND ARE A POWERFUL ANTI-INFLAMMATORY.
- PEPITAS ARE RICH IN ANTIOXIDANTS, MAGNESIUM AND CAN HELP TO BALANCE BLOOD GLUCOSE.

### HEALTH BENEFITS OF LEMON JUICE

- LOADED WITH VITAMIN C
- AID DIGESTION
- PROMOTES HYDRATION

