HEALTHY SUMMER BROCCOLI SALAD

Ingredients:



For the salad:

- 5-6 cups fresh broccoli florets (from 1 head of broccoli), VERY finely chopped
- 1 ¼ cups fresh blueberries
- 1 cup shredded carrots
- ½ cup chopped dried Turkish apricots (look for no sulfur added) or sub dried cherries/cranberries
- 1/3 cup finely diced red onion
- ½ cup finely chopped fresh cilantro
- ¼ cup finely chopped flat leaf parsley
- ½ cup toasted sliced almonds
- ¼ cup roasted sunflower seeds

For the dressing:

- 3T tahini
- ½ lemon, juiced
- 2-3T warm water, to thin dressing
- 1/2T pure maple syrup
- 1 garlic clove, minced
- ¼ tsp salt, plus more to taste
- Freshly ground black pepper

Directions:

1. In a large bowl, add finely chopped broccoli, blueberries, carrots, diced apricots, red onion, cilantro, parsley, toasted almonds and sunflower seeds. Set aside.
2. Make the dressing by whisking together the following ingredients in a small bowl: tahini, lemon juice, water, maple syrup, garlic and salt and pepper. Immediately drizzle over salad and toss to combine. Garnish with extra toasted almonds and cilantro. Serve immediately or place in the fridge for later. Salad will keep well up to 5 days and is great when made ahead of time.

NUTRITION PER SERVING:

Servings: 4 servings
Serving size: 1 serving
Calories 329, Fat 19g, Sat fat 2g, Carbs 37g, Fiber 11g, Sugar 19g, Protein 12g