

Recipe – Apple, Walnut and Avocado Salad

Ingredients:

Version 1:

- 1 large green Granny Smith apple, chopped
- 4 celery stalks, chopped
- 1 red pepper, chopped
- 6 inch piece Daikon radish, chopped
- 1 avocado, chopped
- *1/2 cup walnuts, chopped
- 1 red onion, chopped
- 1 handful parsley, leaves and stems, chopped
- *1/2, 10 oz. bag baby spinach, chopped
- *optional: 1/2 cup sheep's milk feta cheese

Version 2:

- 1 large green Granny Smith apple, chopped
- 4 celery stalks, chopped
- 1 red pepper, chopped
- 6 inch piece Daikon radish, grated
- *3 carrots, grated
- 1 avocado, chopped
- *1/2 cup mixed pumpkin seeds, sunflower seeds and slivered almonds
- 1 red onion, chopped
- 1 handful parsley, leaves and stems, chopped
- *4 kale leaves, finely chopped
- *1/4 head cabbage, finely chopped
- 2 TBS minced ginger

* denotes difference between version 1 and 2

Dressing:

- 1/4 cup olive oil
- 1/4 cup white Balsamic vinegar
- 1 lemon, juiced
- 1 lime, juiced
- dash red pepper flakes
- dash sea salt

Directions:

Combine all ingredients in a large bowl

Add dressing and toss well

Serves 4