



exciting_broccoli_salad

This is one of my favourite standbys! It can be eaten any time of the day, and is a nutritious breakfast, lunch, dinner or snack ... contributing perfectly to any weight loss programme.

Ingredients:

- 1/4 cup organic almonds (previously soaked and rinsed)
- 3/4 cup water
- 2 tablespoons avocado
- 4 tablespoons apple cider vinegar
- 1 teaspoon Celtic or Himalayan Crystal Salt
- 1/4 cup olive oil
- 2 tablespoons Agave Nectar
- 8 cups broccoli, broken into tiny florets
- 1/2 cup chopped onion
- 1 cup pine nuts or sunflower seeds
- 1 cup raisins

Here's How:

- In a blender, process the almonds with the water then sieve through a nut mylk bag (or strain through fine sieve).
- Blend in the avocado, vinegar, salt, olive oil and Agave Nectar
- In a large bowl mix together the broccoli, onion, nuts and raisins
- Add the dressing to the broccoli mixture.
- Let sit in the fridge for one hour or more to soften and moisten (can be left overnight)