



RAW SPRING SALAD WITH SWEET DRESSING

Salad (1-2 small serves):

2 cups raw zucchini – make into pasta like strips with spiroolizer

1 cups raw carrot – make into pasta like strips with spiroolizer

½ avocado diced

1 large tomato diced

6 snow peas thinly sliced

¼ cup diced red onion

½ cup bean sprouts

1 cup spinach leaves

¼ cup pepitas or other seed or nuts

Start layering your salad, starting with zucchini strips, then carrot strips; topped with avocado, tomato, snow peas, onion, bean sprouts; finish with spinach leaves and pepitas.

Sweet Dressing (for 1-2 small serves)

1 tablespoon apple cider vinegar

1 tablespoon tamari

1 tablespoon natural yoghurt

1 teaspoon sesame seeds

½ teaspoon grated ginger (optional)

1-2 medjool dates

Place all ingredients into a food processor and blend.

Pour onto salad and serve!