

DETOX SALAD

Ingredients:

- 1 small or ½ large cauliflower, roughly chopped
- 2 bunches baby broccoli or ½ head of large broccoli chopped
- ½ red cabbage, roughly chopped
- 1 large or 2 small carrots, shredded
- 1 cup fresh cilantro, roughly chopped
- ½ cup chopped walnuts or pecans
- ¼ cup organic raisins (optional)
- 3 Tablespoons olive or avocado oil
- 1 large carrot, chopped
- ½ cup freshly squeezed lemon juice (about 3 lemons)
- 1 Tablespoon fresh ginger, peeled & grated
- 2 Tablespoons raw local honey (or preferred sweetener)
- 1/2 teaspoon sea salt
- ¼ – ½ teaspoon sesame oil
- 1 scoop Healthy Habits® Greenergy
- Black pepper, to taste

Instructions

1. Place dressing ingredients into a food processor or blender container and blend until smooth. Store dressing covered in the refrigerator for at least an hour before serving to allow flavors to meld.
2. Roughly chop broccoli, cauliflower, and cabbage. Pulse each vegetable separately in a food processor into small pieces.
3. Add all veggies to a large mixing bowl. Add in shredded carrots, cilantro, walnuts, and raisins. Toss well.
4. When ready to serve, add dressing to vegetables and toss again. Enjoy right away!

<https://organixx.com/detox-salad-recipe/>